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Nuts

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Ricky Gervais!  ***Kevin Pietersen!!***  ***James Bond!!!*** 

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THIS WEEK IN Nuts!

29 JUL–4 AUG 2011





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IN THE Nuts OFFICE!

Greggs fill our faces with doughnuts!



BrewDog pop in with some of their beers!



PHOTOS: ZOE MCCONNELL, GETTY IMAGES, PA, ELLIS O'BRIEN COVER: REX, GETTY IMAGES

Nuts NEWS

ACTING LIKE PLANKS, EVERY WEEK!

Nuts invents topless planking!

Because every new trend can be made better with boobs!



The *Nuts* readership has gone planking mental – every day we receive hundreds of pics of you chaps lying prone and motionless in ridiculous places, and very ruddy funny they are too.

But here at *Nuts*, we always try to make a good thing even better, and with that in mind... here's topless planking! Yes, we've upped the game by taking out one of our boobiest chums, Holly Peers, to plank like mad with very few clothes on!

The results are emphatic – topless planking is ace! Ladies, let's see your best efforts!







WORDS: PETE CASHMORE PHOTOS: JIM LINCOLN
WITH THANKS TO: WWW.SPOTS8STRIPES.COM

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Release: StoreMags & FantaMag

GARDEN PLANK!

She was a liability after a glass of wine

BAR PLANK!

"Sorry, I'm saving these for my mates!"

BIKE PLANK!

Boris's latest scheme was an instant hit

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We have lift off!

Passing Cessna snaps 747 take-off!

This Japan Airlines 747 – landing gear retracting, wings bending with the stresses of take-off – was snapped leaving Los Angeles airport, and heading towards overflying snapper Daniel Werner at a dizzying angle of about 45 degrees.

Daniel was able to take the snap with a long lens as he passed over LAX's free-fly corridor in a light aircraft. "I've seen the Space Shuttle take off and I've seen plenty of topless women in SXM [Carribean island Saint-Martin], but nothing comes close to a 747 heading right in your direction from just a few hundred feet away!" he told *Nuts*.

He was doing so well until he said this was better than toplessness. Silly Daniel.

WORDS: RORY BUCKERIDGE PHOTO: DANIEL WERNER

"Hold on folks,
I want to try
a barrel roll!"

YOWZA!

StoreMags.com

Nuts EXCLUSIVE!

Gervais' TV return!

Funnyman aims low in his new comedy show, *Life's Too Short*!

WORDS: RORY BUCKERIDGE
PHOTOS: FLYNET PICTURES

This bustling, London-set TV shoot sees Ricky Gervais and chums wrapping filming on his brand-new sitcom! *Life's Too Short* follows "Britain's pre-eminent dwarf actor" Warwick Davis (wee star of *Star Wars*, *Harry Potter* etc) running a talent agency – Dwarfs For Hire – and meanly keeping all the plum roles for himself.

Writer/director Gervais has already countered allegations of dwarf-on-dwarf cruelty over a little person punch-up, but he's happy with his work so far, describing Davis as, "Pound for pound one of the funniest men I know!" The show, also rumoured to be featuring Johnny Depp, Sandra Bullock and Steve Carell in cameo roles, airs on BBC2 this autumn.









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RICKY & STEVE!

"How far away is he? Zoom in!"

ON SET!

"No, I haven't lost my mum!"

Cowell took his tiny entourage everywhere

SMALL STAR!

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208mph bespok

Meet the Spada Codatronca Monza – an amazing Italian Yank mash up!

- **Veteran car designer Ercole Spada was responsible for sketching such classic motors as the Aston Martin DB4 GT Zagato, the Alfa Romeo Giulia TZ, the Lancia Fulvia Sport and, erm, the Fiat Tipo. And now he's come up with this strictly limited-edition roadster.**
- Called the Spada Codatronca Monza, it's an open two-seater with a 7.0-litre Corvette V8, and twin superchargers forcing air into eight cylinders.
- **The Monza runs out of puff at 208mph, but that's no slouch for a car that doesn't really have a windscreen!**
- Things will get a tad windy doing anything over 100mph, let alone 200-odd. Flies suddenly become bullets, so goggles and a lid are advised.
- **A pair of roll hoops serve as protection if things get hairy, which they will if you're not careful, because the Monza uses a close ratio old-school six-speed manual gearbox and is rear-wheel drive. It'll therefore charge from 0-62mph in just three seconds – in first gear!**
- With a carbon-fibre bodyshell stretched over an aluminium tubular chassis, the Monza looks as if it should be parked in Gotham City! Only one exists now, but Spadaconcept will build similar cars to order.
- **Weighing just 1,180kg, there isn't much to the car's innards. A steering wheel made by AIM incorporates a data-logger and an HD on-board camera, which records videos with overlaid telemetry. In other words, if you turn up for a track day people will nudge one another and point. A lot.**
- The roadster uses lightweight OZ ultra-leggera wheels and Pirelli PZero Corsa tyres, kept in check by FIA GT3 racing spec Brembo brakes and fully adjustable suspension.
- **You can order your Monza with a set of specially tailored luggage, or even a carbon fibre picnic set! But either way, you'll be parting with around £250,000.**



Very nice, but where's the cup-holder?

WORDS: JONNY SMITH

0-62 IN 3 SECS

e roadster!

"Wait, I thought you had the keys?"

REAR WING

"Key me? You wouldn't dare..."

7.0-LITRE V8

"Step away, amateur – you'll break me!"

£250K!

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Tamara Ecclestone

On a boat, South of France

It all sounds so awesome: the lingerie model, 27, is worth £700m. But F1 supremo Bernie would be your father-in-law. Which is like being haunted by a man-sized scrotum.



Rachael White

Sunbathing in Ibiza

The *Big Brother* babe finally showed us what we were itching to see through all those weeks in the garden. An impression of a chicken flapping its wings, of course!

RUDE NEWS

Pushing a custard pie in the face of lady news!



Rihanna

Having a stroll in New York

Uh-oh! Looks like someone forgot something, as Ri-Ri hit the streets, trews-free. Weirdly, it worked. When we do it, it looks like we've escaped our "special happy home" again.



Sacha Parkinson

On her hols, Ayia Napa

Corrie's Sian (left) took a break from her ongoing lesbian affair storyline to hit the beach in Cyprus. On a girlie holiday. With cocktails, kissing and pillow fights. Almost certainly.

WORDS: RORY BUCKERIDGE PHOTOS: ZOE MCCONNELL, SPLASHNEWS.COM, PLANETPHOTOS.CO.UK, BIGPICTURESPHTO.COM

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Amy Childs

Leaving a bar in London

Amy looked, well, a bit squiffy on leaving the bar. But we'd forgive those lovely eyes anything. And by "eyes", we mean "breasts". We're nothing if not disappointingly shallow.

Kelly Brook

On her hols, Ischia, Italy

The curvy Brit stomped around the Italian island in a pink bikini, with a Louis Vuitton handbag close to hand. In the bag? Lippy, water… and the mojo of every man in Christendom.

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...





Rosie's monster truck adventure!

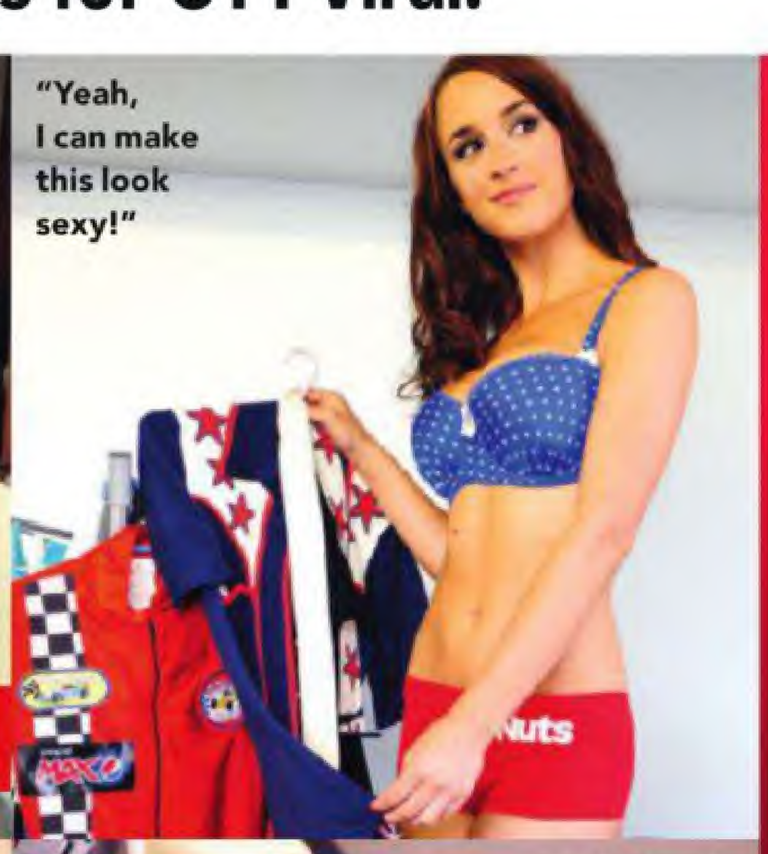
Nuts goes behind-the-scenes for OTT viral!

Those chaps at Pepsi Max are crafters of fine advertisements, so it's no surprise to see they've tapped up *Nuts* regular Rosie Jones for their latest viral ad. This one involves Rosie, a tiny outfit and a monster truck – as you can see, it's a top combo!

See the viral from Thursday at nuts.co.uk/video

PHOTOS: ELLIS O'BRIEN











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New Bond

Only it's an old one! That's new! Confusing, huh?





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GREATEST LEVELS!
The missions are based on the classic *GoldenEye* scenes. We begin with the iconic dam mission, only this time Bond is played by Daniel Craig and briefed by Judi Dench's M.

CLASSIC MISSIONS!

game!

The James Bond *GoldenEye* game franchise has had a "difficult" history. First there was *GoldenEye 007*, released on the Nintendo 64 in 1997 (stick-on classic), then 2004's *GoldenEye Rogue Agent* where you played a baddie (utter stinker) and last year's Wii *GoldenEye* "remake" (added spit and polish, sold quite well).

So here are screenshots of *GoldenEye 007 Reloaded*, a high-def reworking of the Wii's reworking of the original game. Confused? So are we. But it's simple: *GoldenEye* remade with all the graphical grunt that modern consoles can muster. Like a modern movie reboot, only gamey. And it's out this Christmas on PS3 and Xbox 360!

WORDS: RORY BUCKERIDGE

MULTIPLAYER!

WORKS WITH MOVE!
If you've got the PS3's motion controller, stabbing baddies in the throat from behind immediately becomes infinitely more enjoyable. You sick puppy!

ONLINE CARNAGE!
Up to 16 people will be able to duke it out online, with classic Bond characters like Jaws, Oddjob and Xenia Onatopp. Or do four-player split-screen, for classic *GoldenEye* thrills!

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Cat attack!

Grumpy leopard attacks village. Village fights back!

This Indian policeman is finding out, first hand and terrifyingly, what a 90kg leopard feels like when it lands on your back – pointy bits first. The big cat went on a determined three-hour rampage around Prakash Nagar village in India, attacking six villagers, who took to their roofs to spectate as the cops arrived to take care of the situation.

After a dangerous but protractedly comedic chase, the rozzers eventually managed to tranquilise the nutty feline, but only after it took out one of their own. Unfortunately, the leopard didn't make it, but leopard children will sing of his exploits for many years to come!

BIG CAT!

"Bundle!"

90KG MONSTER!

"He's behind me, isn't he?"

"He looked at me funny!"

RUN FOR IT!

WORDS: RORY BUCKERIDGE
PHOTOS: GETTY IMAGES, BARCROFT MEDIA

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ONLY IN Nuts!

JIM JEFFERIES GOES NUTS!

It's the most offensive column on Earth!

'Who ever heard of a chick getting a £20 handjob?'

Sext appeal

It's now been proven that women send sex-texts more often than men – two thirds of women confessed in a survey that they've sent sexy texts or naked pictures of themselves via their mobile phones. This is because most sexting is done when you're drunk, and women need an outlet. When a man gets drunk, he can just pay for a hand job, but when's the last time you heard a girl say she got drunk and let a Thai guy finger her for £20? Women aren't getting sluttier, it's just technology that's getting better. Nowadays, I can just take a picture of my dick and send it to a chick. In the old days, I'd have to take a picture of my cock, then go up to the dark room, put the photo into the bath, then hang it up to dry thinking, "F**k, when the post office opens, this chick is going to f**king get it!"



Don't nip off the nipple!

A woman in the USA has grown a nipple on her foot! Third nipples aren't that rare, but there's never been one on a foot – and doctors want to cut it off. I say leave the f**ker on! This might even be the next step in human evolution. Thirteen more might grow and when she gets cold, she can play footy without boots!



"Madam! Please put a bra on your, er, foot"

"Leave that fking nipple on her foot!"**

Ah, forget it

So it turns out that computer use is ruining our memory capacity, and I believe this is true because… Sh*t, I had something witty to say about this… Started typing, got distracted by some pictures of people with cleft palates… Then I watched that clip of a cat playing the piano (hee-hee!)… Married a Russian woman on Skype… Sh*t, what was I talking about?



Edward Applehands wasn't such a big hit

Shower of sh*te

Supermodel Helena Christensen has revealed that she had an unconventional youth with her Danish father and South African mother. She claims, "It was total togetherness. We even took family showers. Isn't that normal?" No, Helena, it ain't f**kin' normal, but that said, it does explain how she dated deceased INXS frontman Michael Hutchence for so long. After family showers, your boyfriend w*nking with a belt tied around his neck and attached to a hotel door doesn't seem quite so odd.

Filthy yoghurt!

I was reading about a supermarket employee in America called Andy Garcia – not the movie star, mind – who was ejaculating into yoghurt samples and getting shoppers to eat it. He was caught when a lady customer told cops the yoghurt tasted like spunk. Suspicions were also raised when he told people to let it dribble down their chin and spit it back into his mouth.

Jim Jefferies: Alcoholocaust Live *is out now on DVD*



PHOTOS: CLAY ENOS, ALPHAPRESS.COM, REX

DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to **dontlook@ipcmedia.com**

'My fingers looked like sliced sausages!'

Cushions cause carnage!

One glance at this unlucky *Nuts* reader's hand and you'll never look at cushions the same way again!

"There are some massive machines we use to tear cushion fibres apart and one broke down," explains factory worker Dave O'Connor, 25, from West Yorkshire. "I turned off the power and went in with my hands, but the machine hadn't stopped! The roller just dragged my hand in!"

On dragging his hand out, a shocked Dave discovered two fingers had been cut clean off! "My hand was hanging off and my fingers looked like sausages sliced in half!"

He's on the mend now, but David assures us it'll be a while before he goes near that machine again!



CHOPPED UP!

ON THE MEND!

He'd try anything to get out of doing the washing-up

Win £1,000!



Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to **dontlook@ipcmedia.com**

WORDS: SI CUNNINGHAM *EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 72 APPLY

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Nuts GEAR

Adidas Adipower Predator

www.adidas.com

Nuts says: New season's hoofers have the "Predator element" – a strike zone of silicon-rubber component to add ever more spin.

At 230g, these are 25 per cent lighter than the previous model



£155



Apple Macbook Air

www.apple.com/uk

Nuts says: Updated netbook adds faster chip, backlit keyboard and shiny, new operating system for the coolest PC on the planet.

£850



£120

Sony W series Walkman

www.sony.co.uk

Nuts says: Wearable MP3 player where everything's contained within the body – including 2GB of your tunes. Handily, it's washable, too!



A three-minute charge gives 60 minutes of playback

£TBC

Heartbeats by Lady Gaga

www.beatsbydre.com/uk

Nuts says: In-ear cans from the chaps who make those Beats by Dr Dre, this time with advice from that Gaga. Light, crisp and boomy.

Check out more reviews at www.nuts.co.uk/reviews

WORDS: RORY BUCKERIDGE

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YOUR LETTE

Another haul of hilarity from our readers!

Send your Letters to **nutsletters @**

Wet hose – hot pose!

Dear Nuts,
This is me, getting my prized *Nuts* vest a little bit soggy!

Emma Bradley, Gloucester

Nuts vests have a tendency to slip down when they get wet. It's not a design flaw – we're just saying!



It's a crinkle-cut colossus!

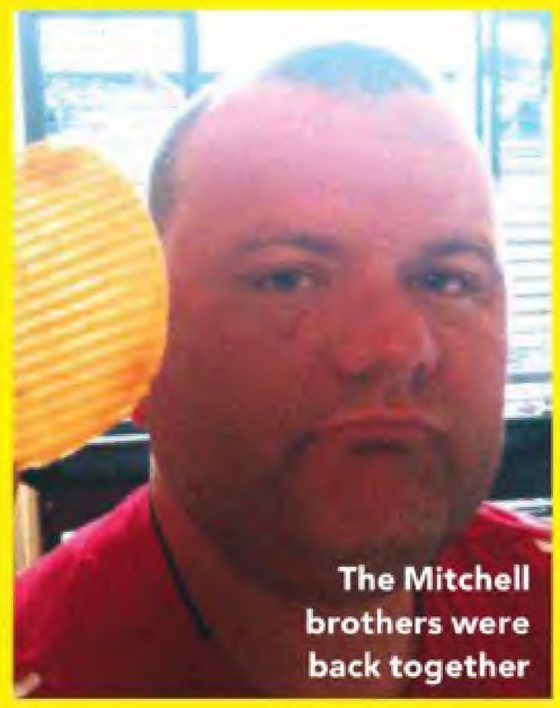
Dear Nuts,
Great magazine – far better than my women's mags! Here's a pic of my hubby Dave with a huge crisp he found. He didn't eat it – we still have it here! Is this the UK's biggest crisp?

Sharon Allport, via email

Sharon, we have a feeling we'll find out!

LETTER OF THE WEEK!





You're Noel: friend of mine!

Dear Nuts,
I met Noel Gallagher in a service station after coming back from Afghanistan. He was cool and an all-round top bloke.

Paul Emmett, Plymouth

Presumably he hadn't gone in there to buy Liam a lovely Ginsters pasty…





Bit of a hole

Dear Nuts,
I spotted this bar while on holiday in Weymouth. I didn't fancy going in for a drink!

Carolyn Griffith, Lymington

We'd heard that Weymouth had become very "liberal" nowadays, but that's ridiculous!



Winning chest in Winchester

Dear Nuts,
On a recent history-seeking holiday, I did a double take in Winchester high street when this particular lady walked past. I guess I'm the only *Nuts* reader who didn't know she's from round these parts…

Ed Lane, Tamworth

Which is why the Winchester tourist trade is now going to go through the roof!



Handle this!

Dear Nuts,
We spotted some interesting roadworks on a local industrial estate! Looks rather painful!

Mark and Paul, Manchester

This sign means, "Warning: forced enemas up ahead."

STEALTH BUMMING CORNER!

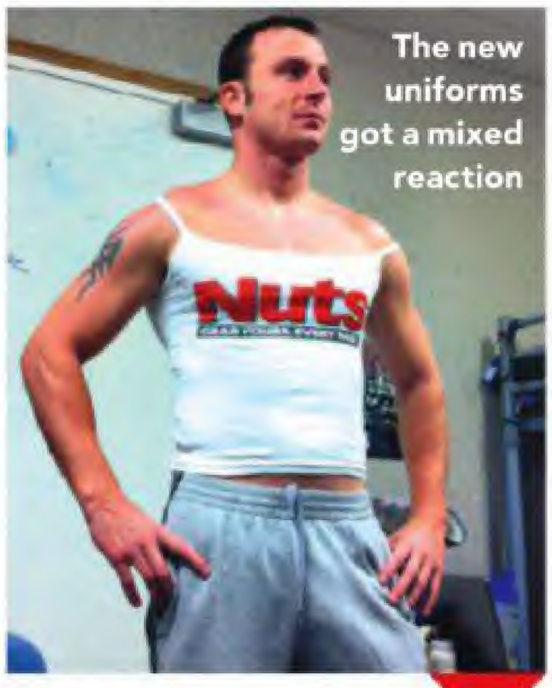
"My mate was trying to rescue a one-winged bee, so I took the opportunity to test my stealth bumming skills."

Gary Cross, via email

ONLY IN Nuts!

RS!

ipcmedia.com or to the address on p72



Naval gazing

Dear Nuts,
This is Leading Hand Dominic Clark of the Royal Navy.
I work with him out here in Afghanistan, where you recently answered his request for a *Nuts* vest top. I secretly snapped him wearing it the other day. He claims he only put it on "as a joke", but he was on his own when we caught him in it!

Cpl Ian Byrne, KAF, Afghanistan

Why not ask if he'd like some *Nuts* shorts too? We reckon they'd look very fetching!

Win Durex stuff!

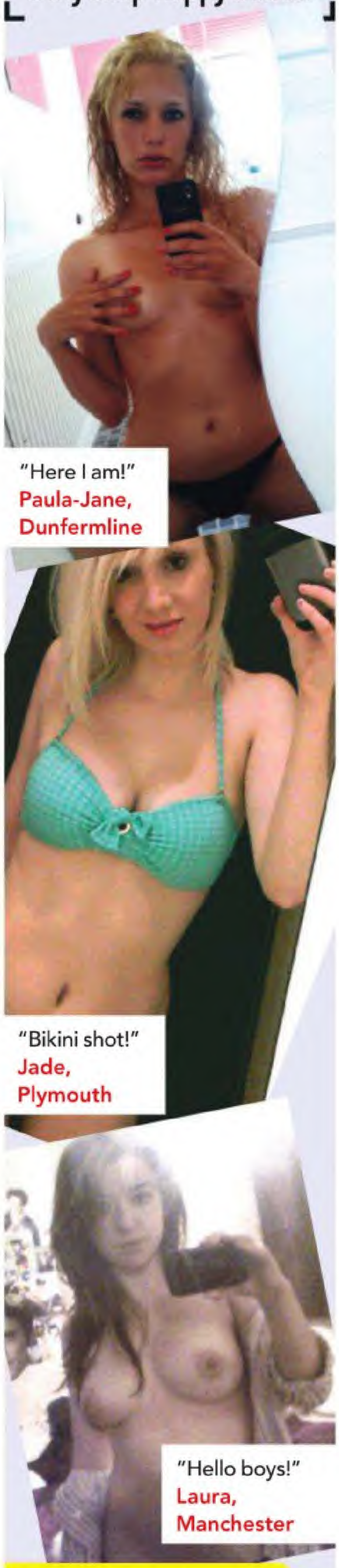
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CAMERAPHONE CUTIES!

Sexy snap-happy babes!



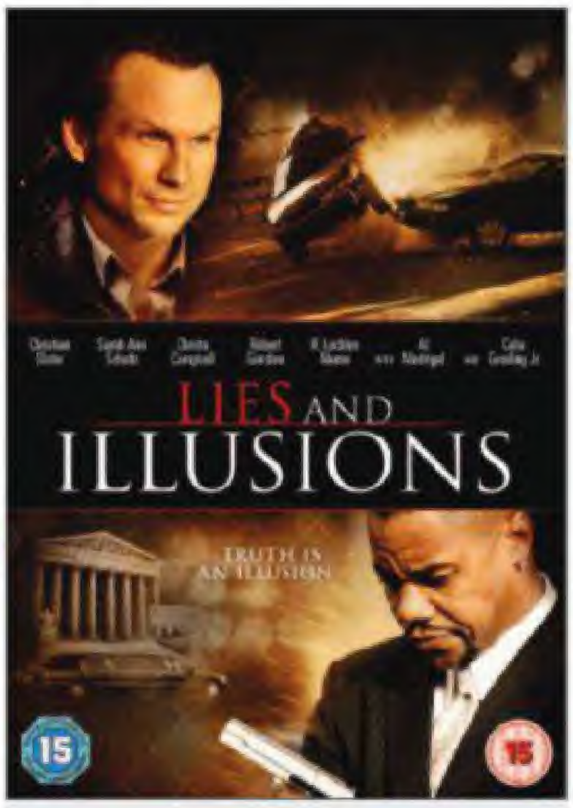
"Here I am!" **Paula-Jane, Dunfermline**

"Bikini shot!" **Jade, Plymouth**

"Hello boys!" **Laura, Manchester**

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YOUR JOKES

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SHORT JOKES!

Q: Did you hear about the window cleaner who smashed all the windows?
A: He must have lost his rag!
James Whitaker, via email

Police were called to the World Gurning Competition the other day. A spokesman said things turned really ugly!
Digby, via email

My school has become an academy – it's sponsored by Ikea. The lessons are OK, but morning assembly takes ages!
Paddy Conors, via emai

Q: What's the difference between David Haye and my trousers?
A: My trousers have a belt!
Alex Jack, Northampton

Q: Did you hear about the new "divorced" Barbie doll that they're selling now?
A: It comes with all of Ken's stuff!
Andrew, Chester



JOKE OF THE WEEK!

Mean machine

George Foreman made $150m promoting The George Foreman Grill after he retired. Keep your eye out for the appearance of the new David Haye Toe-ster in Argos soon!
WC, Southend

Mum's the word

A young girl living in a small village brings her new boyfriend home and tells her father she wants to marry him. But the old man explains to his daughter that she can't marry him because he's actually her half-brother!

As the girl gets older and has a few more relationships with other village lads, the same problem happens again three more times!

Finally, she confronts her mum about her dad's cheating. "Mum! What are you playing at!" she



says. "Dad's fathered all these other kids, ruining all my relationships, and you seem to be just turning a blind eye to his carrying on! Why?"

The mum smiles and replies, "Don't worry love! You could have married any of those blokes if you wanted to. He isn't really your dad!"
Andy S, Lincoln



Runs in the family

A pharmacist walks into his shop to find a man leaning against the wall, screaming and clutching his stomach in agony.

"What the heck's wrong with him?" he asks his young son, who'd been left to mind the place.

The hapless lad replies, "He came in for cough syrup, but I couldn't find any so I've given him a double dose of industrial laxatives instead!"

The pharmacist shouts in shocked disbelief, "What are you doing, you bloody idiot? You can't treat a cough with laxatives!"

"No, it's fine!" the young lad reassures him. "Just look at him – he's far too scared to cough now, isn't he?"
Champs, Southend

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Win an Xbox 360 & UFC game!

The sender of this week's best joke wins an Xbox 360® 4GB console with Kinect™ and *UFC Personal Trainer*! *UFC Personal Trainer* is out now for Xbox 360 with Kinect.* For more information go to thq.com.



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Food fail

A woman comes into the kitchen to find her husband's left the fridge door open and all the food has gone off.

"What am I supposed to do with all this food!" she scolds him.

The dopey husband replies, "Look, love, don't make a meal out of it!"

Stu Botham, Kent



FAMOUS BLOKES' JOKES!



JACK WHITEHALL:
"Princess Charlene of Monaco has said she got cold feet over her wedding. 'I nearly pulled out, Prince Albert.' That's got to hurt!"



SEAN LOCK:
"I think that Glastonbury is basically the Somme with Biffy Clyro playing!"



MACKENZIE CROOK:
"A termite walks into a pub and says, 'Is the bar tender here?'"



ANDY PARSONS:
"Serena Williams has been seeded. Well, you've got to admire the bravery of that bloke!"

A STORY OF ONLINE SEX, CRIME AND LOTS AND LOTS OF MONEY

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POP OUT IN PUBLIC!

ONLY IN Nuts!

Have a cheeky flash – and earn some cash!

Email your pictures to **nutspopout@ipcmedia.com**



IN THE BAR!

SARAH *30, from Derbyshire*
"Out for some drinks in York, I just had to get them out!"



ON HER BIKE!

DIANE *28, from Preston*
"Just popping out for a ride!"

*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 72 APPLY



AT THE SHOP!

FAWNA *20, from Wolverhampton*
"I'm just popping out for some groceries..."



Win £100!

All printed pics get a *Nuts* vest-and-shorts combo. The winner gets £100!* Send your snaps to **nutspopout@ipcmedia.com** or by text to **0771 388 8008**.

IN THE PARK!

CERYS *20, from North Wales*
"A man walking his dog nearly spotted me!"

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Seen something daft? Snap it, send it in and win £100!



"A bit of planking on the train to work!" **Graham Peet, Newcastle**



"It was bloody hard to get up here, believe me!" **Anon, via text**



"This is me planking off a door at work!" **Luke Gillman, Huddersfield**



"Playground planking, complete with belly!" **Anon, via text**



"Here I am, planking a rozzer's car!" **Alexander Hummerston, via text**



"This seemed like a good idea at the time!" **Anon, via text**



"My mate nearly crushed his nads on the spikes!" **Anon, via text**

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NUTS PROMOTION

Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!



Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- **The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.**
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- **The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.**

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!



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**WINNER IMAGE POSED BY MODEL

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THE TRUTH ABOUT SEX WITH... LUCY PINDER

Nuts girls solve your bedroom bother!

Email questions to **thetruth_sex@ipcmedia.com**



She's so soppy

My girlfriend always wants to listen to soppy love songs in bed, but I just want to listen to something down and dirty. How can I get her to enjoy listening to a nice bit of Usher or Jason Derülo?

Stevo, Norwich

First and foremost, your lady needs you to be properly turned on in the bedroom or she's not going to be getting any tonight! Let her know that her soppy love songs aren't really doing it for you and work on a compromise that both of you can agree on!

Nuts BABES' SEX TIPS!

No.47: "Make a subtle suggestion to your lady that you look together for a toy for her on the internet!"
Kelly Hall



I've got the fear!

A few years ago, I injured my downstairs bits during some energetic sex. Now, whenever my girlfriend wants me to go harder, I'm scared I'll hurt myself again. What should I do?

Barry, Birmingham

The last thing you both want is for it to happen again, so perhaps rough sex isn't the best idea. Talk to her about exploring new things that won't leave you in excruciating pain!

Is that cheating?

I was on holiday with the lads recently and when I was drunk, they paid for me to have a lap dance. Should I confess everything to the missus?

Duster, Wolverhampton

I don't think that a bloke having a lap dance for fun is too bad. It sounds like it was harmless and you didn't have your wits fully about you. Tell your girlfriend. She'll understand.

I pop my cork too fast!

I'm no stranger to premature ejaculation but people tell me it's a case of mind over matter. How can you shut something like that out of your mind?

Richard, Newton Abbott

Thinking of something unsexy kind of ruins the fun. If you think you're getting close, just focus on pleasuring her and that should take your mind off it!



NEXT TIME: EMMA GLOVER ANSWERS YOUR LETTERS!



PHOTOS: ZOE MCCONNELL

Nuts NEXT TOP MODEL!

ONLY IN Nuts!

Introducing the hottest new models – in their first ever *Nuts* shoot!





Beth!

Gents, meet Beth, the 32D Birmingham babe!

Hi Beth! How was your first ever *Nuts* shoot? Really good! I'm so excited readers can finally clap eyes on me! It was lovely playing dress-up then getting undressed again!

What other modelling have you done? It's the first time I've ever done anything like this, actually. But I'd definitely do it again!

Who are your favourite *Nuts* models? I'm a big fan of Emma Frain – but then, who isn't? She's so pretty and has a really great body. I also love a bit of Danica. She's definitely a sex symbol!

What do you look for in a chap? A good sense of humour. I know all girls say that, but it's true. I also have a thing for Harrison Ford, but that might just be a weird fantasy I have about a man in a hat with a whip!

What are your best assets? I personally think my best assets are my lips. They're really nice and full. I'd also say my excellent pub quiz knowledge is worth mentioning! I know my stuff!

What are your modelling plans? I'd like to see more of me in *Nuts*... In fact, I want everyone to see more of me in *Nuts*!

What would your ideal sexy shoot be? I'd like a dominatrix shoot! A full catsuit would be hot. Maybe I could dress a bit like Britney in her *Slave 4 You* video. I also like animals, so perhaps a snake over my shoulder? That could work! ■

Want more Beth?

To see more Beth in *Nuts*, text **NUTS** to **88088**. Lines close 8 August. Texts cost your standard network charge. You'll receive a free message reply. Telecom Express helpline: 0870 880 4869

INTERVIEW: SI CUNNINGHAM PHOTOS: NEIL FINN, HAIR & MAKE UP: JOHANNA DALEMO STYLING: SPECIAL K

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"I'd like to do a dominatrix shoot!"





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CRACK SHOTS

TALIBAN SN

British Army sharpshooters hunt killers in Afghanistan...

The Chinook's doors opened as troops from 3 Commando Brigade Reconnaissance Force (BRF) spilled out, fighting their way off the helicopter landing site under heavy fire. They'd been scrambled from Camp Bastion, Afghanistan, to check out a tip-off about a suspected weapons cache in a compound in the Nahr-e Saraj district. Cpl Liam Murphy, a Royal Marine from 30 Commando, recalls, "We were all unsure what to expect as we left Camp Bastion at short notice. But we knew immediately when we landed that we must have stumbled upon something significant. It was pretty intense – one of the biggest contacts we've seen this tour."

There were several firing points dotted around the compound, but as they called in support from attack helicopters, what concerned the soldiers most was the presence of a sniper who was trading fire with them, thus halting their advance.

After a lengthy firefight, the BRF called in their own snipers to track and neutralise the sharpshooter who was pinning them down. It didn't take long for the BRF sniper to locate the insurgent sharpshooter. And as the 8.56mm round left the barrel of the BRF marksman's L115A3 rifle at almost three times the speed of sound, the Taliban marksman probably never knew he'd been shot.

With the enemy sniper out of action, the BRF were then able to overwhelm enemy positions and advance into the compound where they found a massive Improvised Explosive Device (IED) factory and training centre.

The incident highlights how crucial snipers can be in many ways, with their ability to unlock battles, strike fear and uncertainty in an opponent's psyche, and also why they're such a lethal and integral part of modern warfare.

THE SANGIN SNIPER

Insurgent snipers aim to cause maximum disruption with minimum effort. Most sniper shootings are merely sporadic and isolated incidents, but the troubled Helmand province is now home to a man known as the "Sangin Sniper" or the "Nad-E-Ali" sniper, who's conducting a dedicated campaign against British and American forces.

At an outpost in Qadrat, Helmand, Taliban snipers have killed two British soldiers and injured six more since November 2010. They continually open fire on any patrol heading north out of the compound and soldiers sometimes return to base with holes in their backpacks and armour. In response to this threat, the British Army have called in their own elite platoon of snipers to track the Taliban marksmen. One has since been killed after being located by a Para who fired a shot to dislodge him. He escaped on a motorcycle, only to meet a decisive end a mile down the road courtesy of a Hellfire missile. But one gunman is still at large...

Sgt Paul Gorse, a sniper from the US Army's 3rd Brigade Combat team, 10th



Commandos come under attack from a Taliban sniper

ELITE SQUAD

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SNIPER WAR!

WORDS: ALISTAIR MACQUEEN PHOTOS: MOD, CORBIS

'Soldiers had bullet holes in their armour'

Mountain Division, took out two Taliban insurgents near a weapons cache. Explaining his role, he says, "Any time you have a sniper kill, it's a devastating blow to the enemy. It denies the freedom of movement. It creates stress. Every time we walk out there, we're stressed about IEDs. Now, when they step out, they're going to be worried about snipers."



Taking out an enemy sniper led to the discovery of a huge stash of IEDs

The Sangin area of Helmand province has seen an increase in Taliban sniper activity. Soldiers from the US Lima Company, Third Battalion Seventh Marine Regiment, and the British Engineers have found themselves targeted, with one man killed from each unit, plus another Marine wounded. "He's a decent shot, not a great one," said one soldier who heard the shots and estimates that the enemy sniper was less than 600 metres away from his target when he opened fire.

THE DOCTOR

After the death of two British soldiers from 3 Para, it appears the Sangin marksman is now in the sights of a team of six Commandos. They know the age of the sharpshooter and have labelled him "the Nad-e-Ali sniper" because of the area where he shot other Paras and Royal Engineers.

Of the six Commandos, one is known simply as "The Doctor" because of the meticulous and clinical way he dispatches enemy targets. It's claimed that he's one of Britain's best ever snipers, has won medals for his shooting in Iraq and has told British newspapers: "He [the Nad-e-Ali sniper] is our high-value target. He knows what he's doing."

Intelligence reports say that he walks with a limp and uses an old British Lee Enfield rifle. This weapon, first brought into service in 1895 and commonly known as the 303, is somewhat at odds with the superior firepower the Commandos are familiar with.

And so this war within a war continues. But as one sniper from the British Army remarked of the Qadrat sharpshooter: "It's a waiting game. We'll see who's more patient, but for him, it's one person against the whole of the British Army." ■

SHARP SHOOTERS


BRIT RIFLE

L115A3 8.59 CAL:
- First used: Afghanistan, May 2008
- **Range: 1,100m**
- Weight: 6.8kg
- **Muzzle velocity: 936 metres per second**


TALIBAN RIFLE

LEE ENFIELD 303:
- First used: 1895. Also used in both world wars
- **Range: 600 metres**
- Weight: 3.9kg
- **Muzzle velocity: 744 metres per second**

JOHN BISHOP

The Scouse comic talks pubs, dogs and bringing Messi to Anfield!

Hi John! So what can we expect from series two of *John Bishop's Britain*? Hello! Hopefully it'll be more of the same but better! We've had a bit longer to put it all together this time, which should show through. That said, the last series got a great response, so we're really not looking to change it too much!

What sort of stuff do you reckon you'll be talking about? Well, the format was always based around what people were talking about in the pub, so it'll be more of that. Basically, if it's something you can whine about, we'll be covering it!

What are you notorious for sounding off about when you go to the pub? The same things that everyone sounds off about! It's just life, isn't it? You know – marriage, kids, that sort of thing – but it's not like I walk into the pub and say, "Right lads, this is the agenda for today!"

What do you love most about living in Britain? The weather. Hear me out! Everyone's always complaining about it, but if we had sunny weather then we wouldn't have any good pubs! The British pub has grown out of the fact that it's always raining. Otherwise we'd be a café society like the frigging French! And nobody would want that, would they?

Do you think you could you live in a pub? They're just really great places. Everything's built around them – every railway station's got a pub next to it, every bus station's got a pub next to it. They're built around the fact that you'll always need that little oasis.

Do you get people asking you to tell jokes all the time? It does happen sometimes, but I just say no! I don't think it's the done thing to ask someone to do their job like that. I've got mates who are electricians but I don't say, "Can you just do my rewiring?" I do keep a couple of quick ones up my sleeve though.



Go on then... It's actually a Tim Vine one – a fella walks into Alcoholics Anonymous and says, "Can you help me? I can't stop gambling." The guy there says, "I'm sorry, sir, I think you're in the wrong place." So the gambler replies, "You're probably right. I'm so p*ssed, I don't know where I am!"

Do you have any favourite short jokes of your own? How many midgets does it take to change a light bulb? One, and a very big stepladder! Ha-ha! See, that's a short joke. It's a joke about short people!

OK, let's move on! So is it true you're a vegetarian? Yes it is! I did work in a hamburger shop and I had to go and collect the meat one day. It wasn't pretty. Let's just say that I walked into the wrong room at the wrong time on the wrong day!

So you're never tempted to dig into a kebab on a night out? No, because I've seen what goes in a kebab! Once you've cleaned out a kebab spit at the end of a shift, you'll never want a kebab ever again. It's like being in a liposuction clinic and cleaning the bins out!

Do you reckon you'd be less funny without your accent? Sometimes, you perform around the country and say stuff and people laugh. And you think, "That wasn't the joke!" They're just laughing at your accent!

You've got great teeth. Are they the best in comedy? I've no f**king idea! Have I got the best teeth in comedy? Alan Carr's had a lot of work done now, but you should have seen him when we first shared a stage. It was like a before-and-after advert for a dentist!

What really makes you laugh? My kids and my dog. In fact, dogs in general. Because I make people laugh for a living, I just don't find other humans that funny! I'm much happier watching my dog p*ss around!

You mentioned your kids, who you're always making fun of on telly. Do they hate you for that? Ha-ha! No, because we've reached the bargaining stage now. I think they've cottoned on to the fact that I can pretty much get them tickets for anything they like. It's like blackmail!

You're a big Liverpool fan, but could you ever manage them? No way, not now King Kenny's back. What would I possibly be able to do that was better than him? I could do it for a week though. I'd make myself captain!

And what are your expectations for next season? They've started to play like they did in the old days, so I'm really excited about this year. It'd be nice to sign up Messi, though! In fact, sod it, I'd like them to get hold of the whole Barcelona squad and move 'em all to Anfield! ■

John Bishop's Britain *starts on Saturday at 9.10pm on BBC1*

INTERVIEW: SI CUNNINGHAM

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"If Britain was sunny, we'd have no good pubs!"

Badly stuffed beasts!

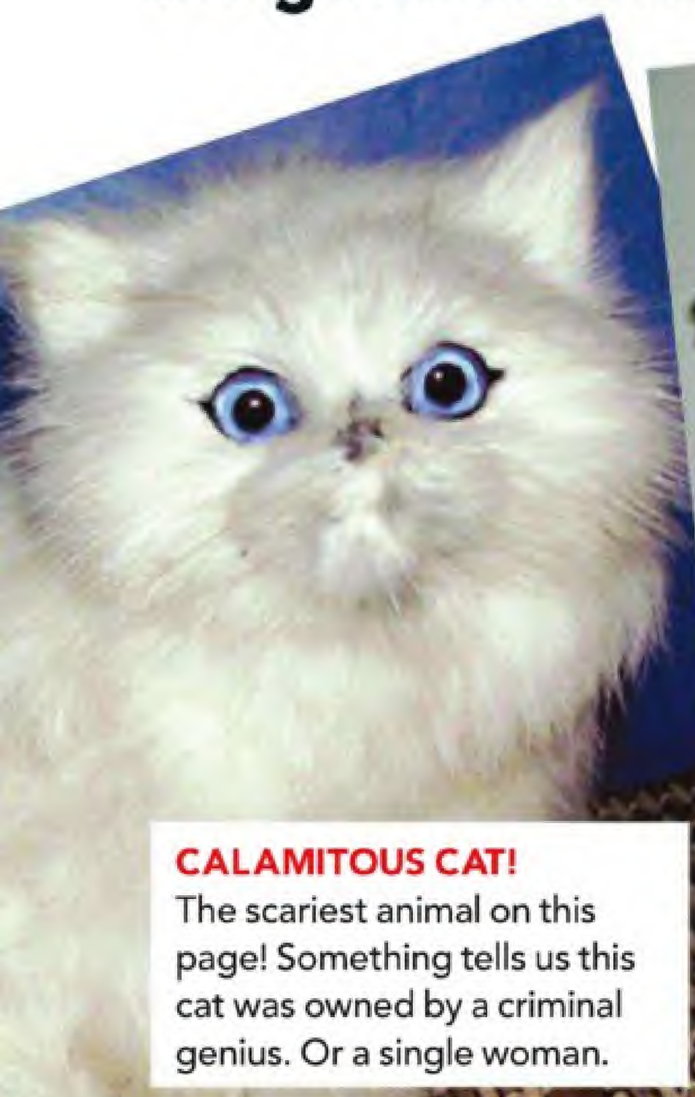
Because not all taxidermists are good at their job!



RUBBISH RACCOON!
We don't know whether this tubby rodent's been over-stuffed, or if he's just a porker! Either way, he's not pretty.



DIRE LION!
"Hello, I'd like to buy a stuffed lion, please. Preferably one with no eyes and a rubbish mane." "Sir, you're in luck!"



CALAMITOUS CAT!
The scariest animal on this page! Something tells us this cat was owned by a criminal genius. Or a single woman.



CRAP COW!
Clearly, on the day that it met its maker, this moo-cow had been drinking heavily since breakfast. Look at those eyes!

DISMAL DEER!
We're no experts on dentistry, but whoever stuffed this buck-toothed buck clearly made a complete mess of the teeth!

BONKERS BAT!
We don't know much about aerodynamics, but don't the wings need to be attached to the body for a bat to fly?

TOOTHY!

WORDS: PETE CASHMORE

BADLY STUFFED BEASTS!

MENTAL MONKEYS!
Is it just us, or does the chap at the front look more than a bit like Liam Gallagher? Sorry, Liam, we're just saying!

UGLY APES!

WOLF OR WHAT?
We're saying this is a wolf, but it could be anything with fur! One thing's for certain, it needs that tongue seen to!

FLAT FOX!
We're not sure how this fellow snuffed it, but judging by how flat he is, we reckon a lorry was probably involved!

FLATTENED!

AWFUL OWL!
Owls are noted for their wisdom, which is more than can be said for whoever stuffed this particular one.

MANGLED!

PECULIAR POLAR BEAR!
"Dad, what's the nasty man done to your head?" "I don't know, son, but if I weren't dead, I'd rip his face off!"

LOATHSOME LEOPARD!
Right, now you're just taking the p*ss, aren't you? This ugly critter looks even scarier than a live leopard! ■

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100 SEXIEST TOPLESS BABES! 2011

The votes are in – here are your top booby babes of the year!



100 TIFFANY WHITE
Congratulations, Tiffany! You've kicked off our annual *Nuts* boob countdown. What a way to start, eh?



99 JESSICA SCOTT
Scott's actually Jessica's middle name. Her last name is really Niceboobs. Now say it all together really fast. Ha!



98 NATALIE TAYLOR
If it's a choice between being nattily dressed or seeing Natalie undressed, we know which one we'd go for!



97 EMMA WATTS
Believe it or not, lovely Emma here was discovered working in McDonald's. She can serve us any time!



96 MELISSA CLARKE
Her name's Melissa, we'd all like to kiss her, and if she stopped revealing her boobies, we'd miss her!



95 CHLOE TWEEDIE
With Cheryl hanging around Ashley again, Chloe's just become our new favourite Tweedie. Go Chloe!





94 CHLOE RIVERS
Busty Chloe has a name that sounds a bit like a lovely camping resort. With scenery like that, we're packing a tent!



93 DYLAN HARDY
We're big fans of sexy redheads. Hi, 21-year-old Dylan from London! You can't see, but we're waving at you!

92 JODIE GASSON
When someone yelled, "You've left the Gasson!" we thought we'd left Jodie off our sexy list. It was a gas leak. Phew!



91 EMILY JANE WILLIAMS
Emily is quite new to these pages but, looking like this, she can pop by any time!



90 GEMMA MASSEY
Gemma here proves that brunettes are every bit as much fun as blondes. Just look at her! Fun or what?



89 EMILY JOHNSTON
Wowzers, we love a feisty blonde, but Emily really knows how to cheeky up her *Nuts* photo shoots!



88 RUBY JONES
Not to be confused with Rosie Jones, although we'd certainly like to go on a double date with them! ➡

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87 RUTH REYNOLDS
This stunner recently broke the world kissing record! We wouldn't mind helping her break it again. Please!

86 MORGAN LEES
Her names is Lees, she's eager to please, we'd like to give her a little squeeze. And invite her for some cheese.

85 ROSY CHERRINGTON
Rosy's website says she likes to take saucy Polaroids of herself. Is anybody else out there thinking, "Result!"?

84 MISSY
If Missy's calling herself by that name to remind us all that she's a lady, then we're way ahead of her on this one.

82 POPPY RIVERS
Good Lord, this little lovely knows how to smoulder! We're asking her for lessons – just so we can hang out with her.

81 HOLLY GIBBONS
Nuts model Holly's from Eastbourne. That's where old folks retire, but seeing her can't be good for an ageing ticker!

80 DANIELLE MASON
The Masons traditionally greet with weird handshakes. Frankly, any kind of contact with Danielle would be great!

79 MICA MARTINEZ
We originally planned to give Mica M the nickname "M&M", but we were worried she might start rapping.

77 NATALIE BLAIR
The only other person we know called Blair used to run the country. We'd be happier if Natalie had a go!

76 CARIANNE
We love giving people awards and next on our list are Carianne's parents for giving us the blonde beauty. Thank you!

75 CLARE RICHARDS
We were going to write a long essay about how pretty we think Clare is. We decided to show you her picture instead!

74 JENNIFER CLARK
The sexy Durham lass was in *Big Brother* in 2008 and has appeared regularly in *Nuts* ever since! Yay, wor lassie!

100 TOPLESS BABES



83 SOPHIA CAHILL
No relation to the England defender Gary Cahill, but steamy Sophia's good up front and firm at the back!



78 TOMMIE JO
Discovered right here at *Nuts*, Tommie Jo's another reason why our talent spotters are demanding higher wages.



73 GEENA MULLINS
Another new face in our top 100, the gorgeous Geena here certainly knows how to make an entrance!



72 SAM GRIERSON
Sam was a star of *The X Factor* as one of Husstle. Her band-mates' spelling wasn't great, her naked body is. ➡

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71 HOLLY MCGUIRE
As well as modelling, Holly also starred in sexy TV show *Footballers' Wives*. A 2011 version would be epic!

70 KATIE GREEN
We were going to make a gag about Katie making other models green with envy. But we won't bother.

69 KATIE-LEIGH
Some girls are so hot, they don't even need surnames. Katie-Leigh could call herself Kenneth and we wouldn't care.

68 DANNI WELLS
Danni's from Coventry, where a lady once famously rode a horse with her boobs out in the olden days!

66 PRUDENCE
Prudence means "the exercising of personal and financial sense". Prudence here is saving money on bras.

65 LUCY BRIGGS
She sounds like she lives on *Coronation Street*, and truly, her curvy figure would make any rover return.

64 MEDDY FORD
Hottie Meddy is one of the more knockout blonde bombshells to hit the *Nuts* office. "Boom!" she went.

63 VIKKI BLOWS
The buxom girl who satisfies those gentlemen who like their ladies pierced, punk and perfectly pert!

61 SASKIA HOWARD-CLARKE
In providing us with the very chesty Saskia, *Big Brother* was very, very good to us indeed!

60 KAYLEE CARVER
That pout! Those boobs! That sultry way about her! Yes, her name's Carver and she's marver-lous!

59 SAM KELLETT
Good news: if you're marvelling at how jaw-saggingly cute Sam is, your eyesight's just fine. Congrats!

58 GEORGIE DARBY
We've heard a magical place exists called Darby County, where everyone is an awesome-boobed brunette!

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67 ZOE STOLLERY
Yet another babe to grace this rundown who was discovered by *Nuts*. We know a pretty lady when we see one!



62 ANASTASIA HARRIS
Harris is a rude word for bottom in Cockney rhyming slang, which we'd never dare say to Anastasia's lovely face!



57 KEIRA JONES
The only other Keira we know is a frail English rose who appears in rubbish films about pirates. We prefer our one!

56 SOPHIE READE
Reasons why Sophie won *Big Brother*. 1) She has a lovely, winning personality. 2) Pretty self-evident. ➡

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55 STACI NOBLETT
No *Nuts* babe-list would be complete without the lovely Staci and her equally lovely boobs!

54 GEMMA HILES
The most exciting thing to come out of Preston since the National Football Museum upped sticks to Manchester.

53 ZOE MORRELL
Hands up who has a thing for outrageously busty beauties with short hair. That's right – it's all of us!

52 AMBER ALLEN
We almost accidentally ordered pictures of Allen Amber, who's some hairy chap from Leeds. Lucky escape!

50 SABINE
Sabine comes from sexy, saucy Latvia. No idea if Latvia really is sexy and saucy, we're just going by this evidence!

49 KIRSTIE PATTERSON
This sultry newcomer's set pulses racing in recent times, so chaps, try not to have a heart attack on our accounts.

48 KATIE-MARIE CORK
What do corks do? They pop, of course. And so here's a Cork popping right out of her bra! Hooray!

46 LEAH FRANCIS
When Leah visits *Nuts*, she presses her boobs against our windows. That's why we fired our window cleaner!

45 PETA TODD
A *Nuts* favourite on account of she's sharp as a tack, more fun than a box of puppies – and she's got *that* chest.

FlorkMags.com



51 APRIL SUMMERS
We first discovered April as one of our amazing Next Top Models, so it's a great pleasure to have her back!

47 KAYLEIGH MALLEN
Fact: Kayleighs will always do well in the glamour-babe game. But it helps if they have awesome boobs!

44 EMMA LOUISE
So lovely and pretty is this 20-year-old brunette, they decided to give her two lady names!

43 LACEY BANGHARD
And, yes, once again, just to reiterate, that really *is* her real name. Let's say it together: Lacey Banghard! ➡

42 IMOGEN THOMAS
Apparently, the sexy former *Big Brother* star and Miss Wales had some fling with a footy player. Allegedly.



41 PORCHIA WATSON
It's all about Essex right now. Here's yet another reason to start looking for property in Harlow or Colchester!



36 BECKY ROBERTS
What is it about the last name Roberts that makes girls gorgeous? Julia, her fit cousin Emma, now *Nuts* babe Becky!



33 ARABELLA DRUMMOND
Arabella looks like the sort of painfully pretty girl you ogle at festivals. Ogle her in comfort!



32 SEREN GIBSON
Curvaceous brunette Seren has been wowing us all for a few years now, with her bewitching eyes and bosom!



31 EMILY O'HARA
Her surname should really be No-Horror, because there's nothing horrific about the lovely Emily!



30 ROSIE WHITEMAN
Blonde of tresses and Scandinavian of features, we're happy to report that this is a very English Rosie in bloom!

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40 SOPHIE HALL
Sophie's no relation to Kelly Hall and we're relieved. Two sisters as fit as that would make our brains explode!



39 SAMMIE JO
She has two names that could be attributed to a bloke, but we can report that SJ is most definitely all woman.



38 AMY DIAMOND
If all Diamonds were this well formed, we wouldn't be able to mine them for fear of our eyes popping out!



37 DAISY WATTS
You could wind up 20-year-old Daisy by repeatedly asking, "Watts your last name?" You'd be a twerp, though.



35 KIERA SWEENEY
Proof that *The Sweeney*'s not only an upcoming thriller starring Ray Winstone, it's also the name of a bosomy beauty!



34 SAMMIE PENNINGTON
Sammie seems surprised to have lost her top. We feel many emotions. But not surprise.





29 DANIELLE LLOYD
Miss England… Miss Great Britain… Frankly, we *miss* seeing long-serving stunner Danielle's sexy bod!



28 KELLY ANDREWS
Kelly always greets us with a hearty smile. If you got to look at this body every day, you'd be pretty happy too!

27 EMMA FRAIN
Nuts legend Emma has been causing eyes to go "pop" for ages, so it'd be rude not to include our babe! ➡

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100 TOPLESS BABES

26 KITTY LEA
The punky princess of pert has been a *Nuts* favourite for just about as long as we can remember. Here's why!

25 CHARLOTTE HERBERT
Awesome Charlotte has become a real *Nuts* fave already – and she's still just 22!

20 ELLE
Back in *Nuts* due to popular demand, Watford's finest, Elle, is a very welcome addition to our rundown!

19 SOPHIE HOWARD
We must be careful what we say about Sophie in case she slaps us about, so: Sophie, you're the world's rudest lady!

18 STACEY MASSEY
We've been out boozing with lovely Stacey, and we can report she's every bit as much fun as her pic suggests!

17 LINDSEY STRUTT
Northern lovely Strutter gets so much fan mail that our postman complains. We just send her over to visit him.

16 KELLY HALL
Raven-haired Kelly is arguably one of the most beautiful women alive. In fact, who'd argue with that?

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24 SAM COOKE
Sizzling Sam has won awards, but a place in the *Nuts* sexy countdown is the greatest accolade of them all!

23 AMII GROVE
You may remember Amii was engaged to lucky sod Jermaine Pennant. Why can't we be footballers?

22 EVA
Polish-born beauty Eva has many strings to her sexy bow! She was also in the film *Your Highness*. Fun fact!

21 RHIAN SUGDEN
Rhian has, of late, been one of the walk-on girls for the PDC Darts. She certainly has a fine set of double-tops!

15 INDIA REYNOLDS
India's now part of the furniture round these parts. Not that we'd ever sit on her. That would just be weird. ➡

WORDS: PETE CASHMORE, SI CUNNINGHAM
PHOTOS: CELEBRITY PICTURES, HARRYP/ UNLEASHED DIGITAL, IMM, EXPRESS SYNDICATION

13 SARAH RANDALL
Yes, gentlemen, we're fully aware how big they are. We're not blind, you know! Thank goodness!

12 HANNAH MARTIN
Ah, gorgeous Hannah, the ultimate girl next door. We'd even comb our hair for her. That's how hot she is.

14 HOLLY PEERS
Whenever 23-year-old Manchester hottie Holly's in the mag, we're the ones peering! And no wonder!

10 MELISSA DEBLING
The *Nuts* office is such a big fan of Melissa that many of us only turn up at work on the off-chance we'll see her.

9 AMY GREEN
The 22-year-old Sheffield lass has graced these mighty pages many a time with her lovely boobs, and no wonder!

7 COURTNIE
Plymouth-born Courtnie is one of a raft of seaside sexies featuring in our countdown. Must be something in the air!

6 GRACIE LEWIS
New to the top ten and a stunning 22-year-old from London. Do we need to say any more? We do not!

5 PAIGE TYLER
Do you like Paige? We like Paige a lot as well. Which means that we are – tee-hee! – all on the same Paige! Arf!

4 EMMA GLOVER
Gorgeous brunette Emma is no stranger to going topless for *Nuts*, meaning we're no strangers to feeling very happy!

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100 TOPLESS BABES



11 KEELEY HAZEL
She's a ruddy legend, this lady, and the more observant amongst you will be able to spot exactly why.

8 ALICE SEY
Alice first appeared in *Nuts* last year, but she's left a boob-shaped hole burned in our minds ever since!

3 LUCY PINDER
Simple fact: no big bosoms list is complete without the fair Ms Pinder. And we never do things by halves at *Nuts*!

2 DANICA
We love Danica so much we put her in the mag all the time! Do we get bored of her lovely boobs? Of course not!➡

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1 ROSIE JONES

Ask any *Nuts* reader who their ultimate babe is and a fair few of them will say, "Why, it's Rosie Jones, of course!"

YOUR WINNER!

Hi Rosie! How does it feel to be voted numero uno? Hello! I'm actually genuinely surprised. It feels amazing! I was just out having a sunbathe in the garden when I heard the news. Are you sure it's not a wind up? Ha-ha!

No way! Have you ever won anything before? I'm sure I've won a few drinking contests, and it turns out I'm pretty good at firing a gun, too, so people had better keep voting for me…

Blimey! How else will you retain your top spot? I should probably stop eating takeaways! I won't keep off them altogether, though, or my boobs might shrink. Also, I'm going to keep up the naked *Nuts* shoots so you'll never forget what I look like!

If you could win anything else in the world, what would it be? Well, I'm happy with the "sexiest topless" title for now. I'd like to win the lottery. Does that count? I should really start buying tickets if I want to do that!

So who would you have voted for? Too hard! I'd have nominated about ten girls, but if you made me pick one, I'd go for Pinder… or maybe Emma Glover… in fact, I'd just vote for all my friends! I guess it helps that they're all so hot!

How are you going to celebrate this sexy title? I'm going to have a few drinks now, I think. Actually, I think you guys should throw me a big party next time I shoot for you!

And what would you insist on having at such a party? OK, wild animals, loads of Jägerbombs, hot strippers, cake, a boobtastic bouncy castle, and more Jägerbombs. Does that sound like fun? It's my birthday soon, too, so we could make it a double celebration! ■



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Nuts SPORT

HITTING A SIX, EVERY WEEK!

Pietersen: 'Our players are a match for anyone!'



The England man on his team's chances of world domination!

Hi KP! With the Test series against India very much under way, does it feel like the summer has really started? Absolutely, 100 per cent. Already we've performed well [against Sri Lanka], but obviously India are something special. They're the number one team in the world so it's fantastic to pit our wits against them.

If you win this four-Test series by two matches, England will overtake India and South Africa in the rankings to become number one side in the world. How much of an incentive is that? The management and the players have said for a while that this is a real goal. But it won't be easy – India are an amazing side and they've had the advantage over us in recent series. We'll just look to the brand of cricket we've played in the last year or so and take real confidence from that. If we play throughout the rest of the summer like we did in the Ashes, I know we can beat the Indians!

What will be key as the series continues? Their batters are obviously awesome – just look at their stats – so getting 20 wickets, as always, is everything. But our attack is as good as any in the world, so I think we'll be fine. Our own batting line-up can score some serious runs. From what Alastair Cook and Jonathan Trott have achieved recently, down to a wicketkeeper in Matty Prior who scores Test match hundreds, we have a team unit who can more than punch their weight.



How important is the home advantage? Hugely important, I hope. Without a doubt, India are a really powerful side whether home or away these days, but obviously we should benefit from knowing the conditions, the weather and everything else. I'm also hoping that the pitches we play on will suit our bowlers a lot more!

What do you make of India's star player, Sachin Tendulkar – "The Little Master" – so far? What can you say about the guy? He's a legend who just goes on and on being incredible at what he does. We'll have plans in place for all the Indian batters. But Sachin is a different case. He's set the bar for the rest of the world in terms of runs scored, longevity and the way he conducts himself. I take my hat off to the guy!

What about your own form? Will we see the Kevin Pietersen of old as the summer progresses? I feel good and confident about my game. I've put in a hell of a lot of hard work and know I'm capable of putting a run of good scores together. I'll just continue to play in the same positive way and see what happens.

But you do tend to perform against the big sides when the pressure is really on... I do get up for the challenge, yeah. I like to test myself against the best and this series is an opportunity to do that. As I say, I'm in a really good place at the moment. I've rediscovered my love for the game and really look forward to every England match – especially against incredible cricketers like the Indians.

Do you think the English crowds give you more respect these days? I just hope people see how proud I am to represent England. It's always been the case, but maybe as time has gone on, the message has got through a bit more!

Thanks for the chat, KP! Just one last question – what's your prediction for the series? Can you win? I think we can win the series, for sure. Our players are a match for anyone, anywhere. It's up to us to perform and see how the Indians respond. This is already a series full of fantastic cricket. You've got two very strong sides who'll be giving 100 per cent so it'll be fantastic entertainment, I'm sure.

INTERVIEW: TIM BURNETT PHOTOS: GETTY

"I know we can beat the Indians!"

THE BAT MAN!

His right leg went to sleep at the worst possible times

England vs India

Fri 29 July, 10.30am, Sky Sports 1/HD

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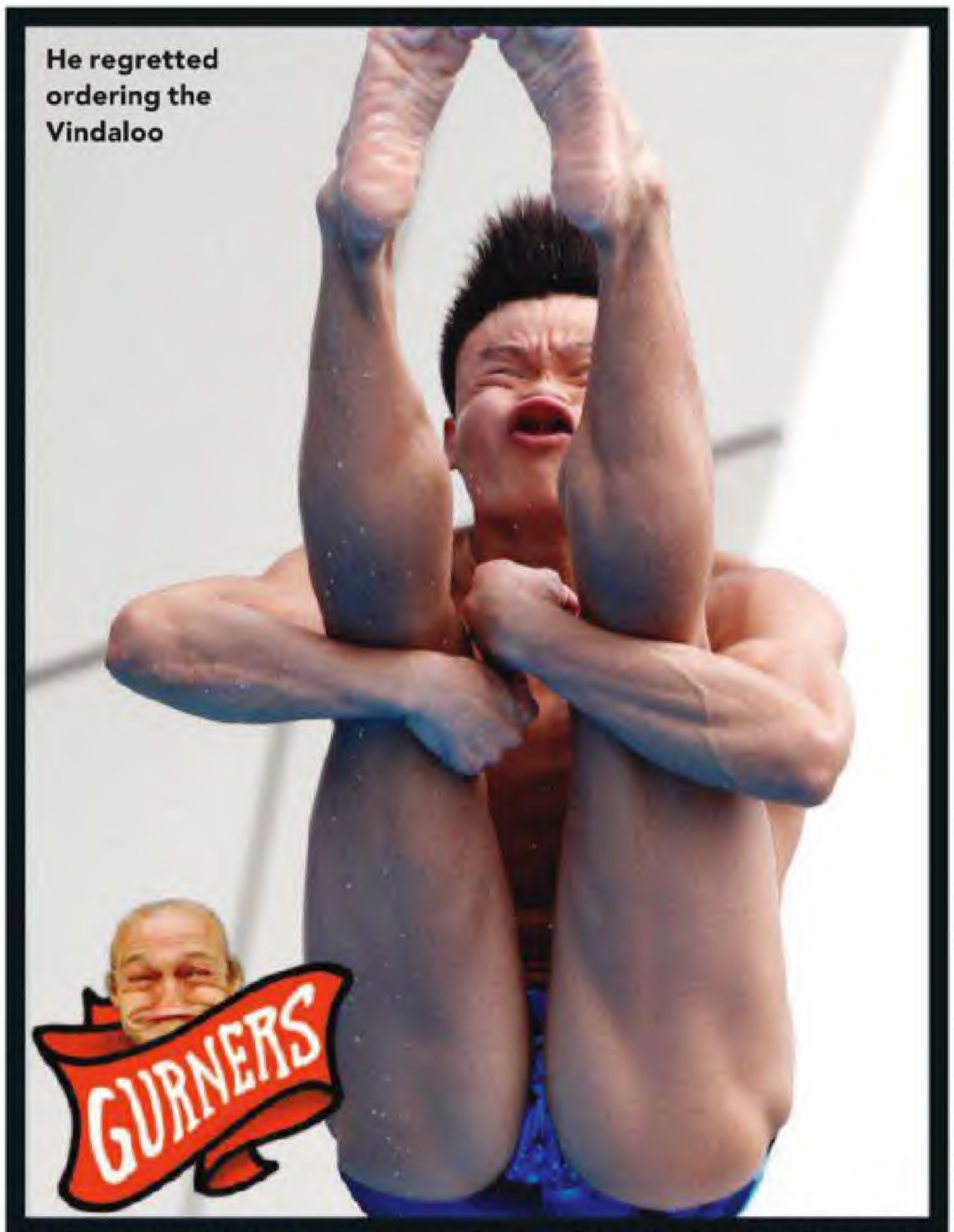
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ONLY IN Nuts!

NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport!

Send pics, chants etc to tim_burnett@ipcmedia.com



China's He Min is the runaway winner of the "looking really stupid while diving into some water" award at the Fina Swimming World Championships in Shanghai, China! Sterling work, sir!





Dutch cyclist Laurens ten Dam appears to be showing the early signs of mummification, after crashing on the Col d'Agnes mountain pass during the 14th stage of the Tour de France. Oof!



Marina Canetti of Brazil shows why she should be cast in any forthcoming *Jaws* movies, as she fights for the ball during a recent women's water polo match! Top marks for effort!

WORDS: TIM BURNETT PHOTOS: SPLASH NEWS, ACTION IMAGES, PA PHOTOS, GETTY IMAGES

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KAMMY!

ONLY IN Nuts!



He's the voice of the fans – and he's only in *Nuts*!



"Signing-on fee? About this big"

Goal-line technology is a must!

Hearing Richard Scudamore tell us goal-line technology may be in use for the Premier League 2012-13 season is the best bit of news I've heard for ages! It's absolutely crucial to the future of the game and something I thought I'd never see while Sepp Blatter is in charge of Fifa!

Football is all about goals, and the option to stop a match for 30 seconds to make sure the ball has crossed the line is a no-brainer! TV stations show us slow-mos all the time – the technology is there, so use it!

I was in Bloemfontein when Frank Lampard's "goal" was disallowed against Germany. Although the Germans outplayed us, that moment could have changed everything. We'd have been level with everything to play for. Thankfully, it seems we won't be in that situation again!



Poaching Clark Kent from *The Daily Planet* been a real coup

Spurs need Adebayor!

I hear Spurs boss Harry Redknapp is interested in signing Arsenal old boy Emmanuel Adebayor. It'd be a real coup for the boys from White Hart Lane, not only because they desperately need firepower, but because Gunners fans hate him! It'd be typical Harry – he's always been top-drawer at picking up quality players that seem like a risk. If he could get Adebayor back to his best, Spurs would have a terrific goal-scorer in their team. I'm surprised Jose Mourinho hasn't come back in for the big man, as he did well during his loan spell at Real Madrid.

As for Spurs' current strikers, they suffered last season from playing in the Champions League. It's difficult to go from the highs of a major competition like that back to the grind of the Premier League. Defoe is going through a blip and Pavlyuchenko needs more sharpness. It's difficult going in and out of the team every week! Although perhaps the arrival of Adebayor might kick them all up the backside and get them scoring more often!

"Harry's great at taking risks on top players!"

PHOTOS: PA PHOTOS

Kammy needs you!

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How to take the perfect penalty!





Nuts' expert Paul Merson reveals all!

PHOTOS: GETTY IMAGES

Can nobody take penalties nowadays? What with Brazil and Argentina being dumped out of the Copa America thanks to the likes of Tevez, Elano and Fred ballsing up in their respective shoot-outs, the answer appears to be a resounding "No!" And that's before we even start talking about England's women... It got us thinking – what's the best way to hit the net from 12 yards? Having actually scored for England in a shootout against Argentina at World Cup '98, *Nuts'* man Paul Merson gives us his top tips for scoring spot-kicks!



1 TRY TO KEEP CALM
"During that walk from the halfway line, you'll have the opposing player walking back from his turn, winding you up. Keep your composure. It's vital for striking the ball cleanly."



2 PICK YOUR SPOT
"Decide where you'll hit the ball well before taking the pen. If you're right-footed, aim low to the left and hit the ball with your instep, so it swerves away from the 'keeper."

3 DON'T CHANGE YOUR MIND
"Indecision is a killer, so never change your mind! If you're facing a world-class goalkeeper, maybe hit it straight down the middle!"

4 HIT THE TARGET
"You have to hit the target! Then at least if you don't place the penalty in the corner or the keeper goes the wrong way, you still have a chance of scoring!"

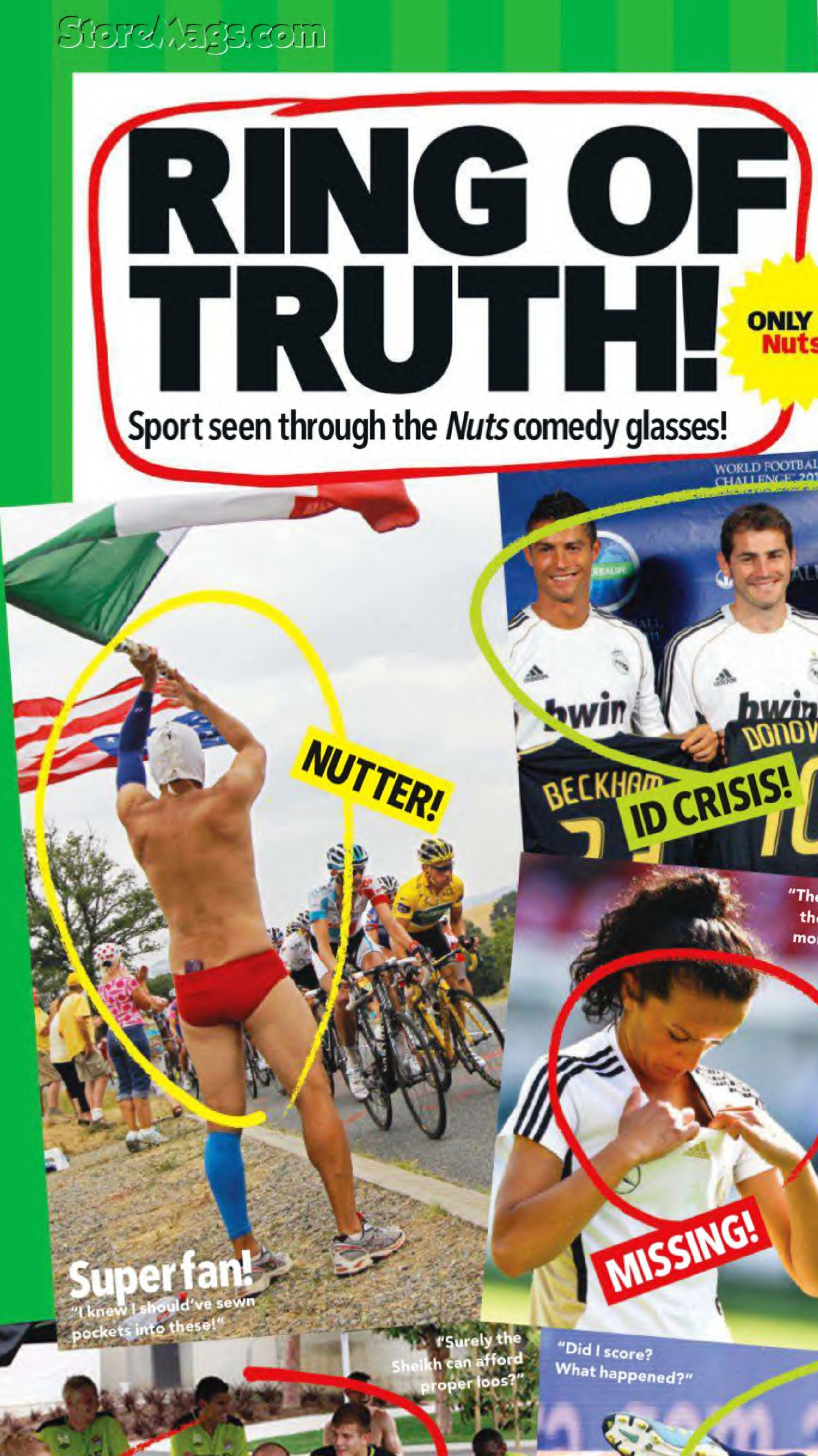
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RING OF TRUTH!

ONLY IN Nuts!

Sport seen through the *Nuts* comedy glasses!











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MAN-LOVE CORNER!

FLAG FACE!

"This is why I get my caddie to do it!"

NIP-SLIP!

"They only had extra-small left!"

TASTY!

"The doc said I needed more iron in my diet!"

WALLIES!

"This game's getting far too easy!"

BALLS!

PARKED!

"These new race tactics aren't going to work!"

PACKET!

"Ooh! Look at the size of that!"

WEIRD!

"We're brothers! It just isn't right!"

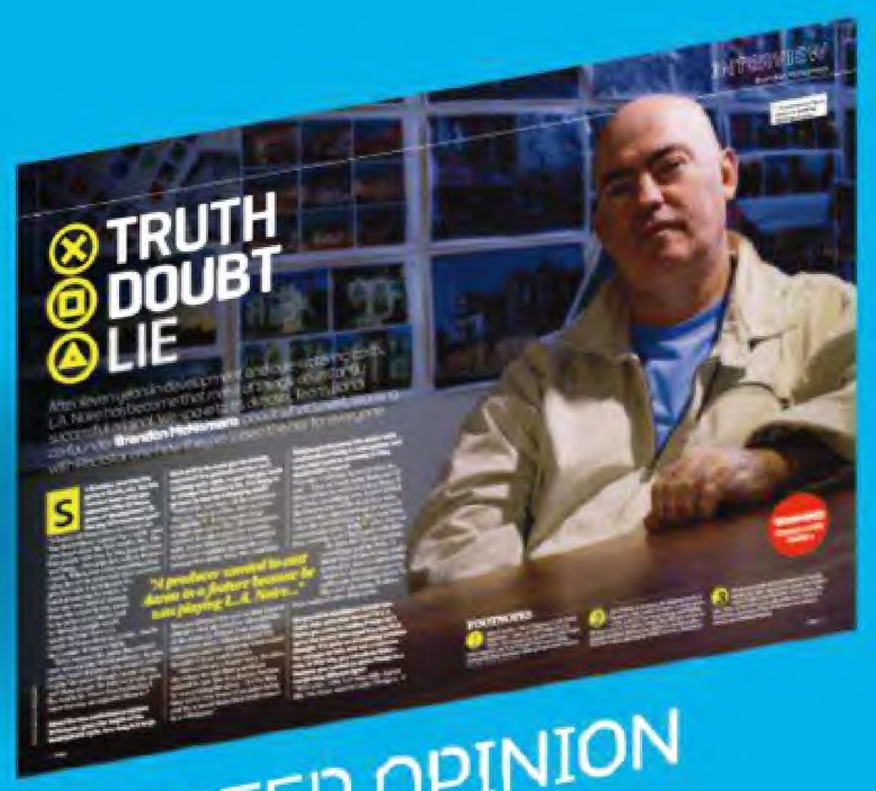
STARE!

"Look at me and tell me you love me!"

WORDS: TIM BURNETT PHOTOS: GETTY IMAGES, PA PHOTOS, CLEVA MEDIA, COLORSPORT, BACKPAGE IMAGES



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'QUOTE ME ON THAT!'

This week's biggest match debaters!

"I don't want to sign any players who wear a hairband and think they're a model"
Swindon boss Paolo Di Canio doesn't fancy ladyboys.

"As a player, Beckham's got another set of curtains to open"
Glenn Hoddle on Becks' soft furnishings habit.

"I can sum Jimmy Bullard up in a few words – nutcase"
Bolton's Zat Knight can't count.

"Manchester City is still the working-class club, and we have to keep it like that"
Nigel de Jong on humble City.

"Me & Rio destroyed everyone at *Fifa*. Nani was nearly in tears and the twins were sent to bed"
Rooney on tantrums in the United nursery.

"With Newcastle, you don't know what you're going to get. But you're going to get effort and you're going to get commitment"
So you do know, Charlie Nicholas.

"I get scared every time I go up on a diving board"
Tom Daley's scared of heights. That's Olympic diver, Tom Daley.

"I only get excited when someone's on the end of his final ball. Even then I'm not excited."
Make your mind up, Martin Jol.

"Our keeper Ben Amos said to me, 'You were in my dream last night, chasing me with dog poo.' Crackers!"
Dog poo on crackers would be weird, Rio Ferdinand.

"I've been busy pestering Jay Bothroyd's wife"
QPR boss Neil Warnock turns stalker.

"I didn't go home disappointed, even though I was disappointed"
Harry Redknapp was disappointed.

"Everything about the header was perfect. It just didn't go in"
Steve "Perfect" Wilson.

"We're looking forward to bringing thingy back to the Cottage"
Fulham's Chris Baird isn't very good with names.

'OO-ER SOUNDS A BIT RUDE' CORNER!

"Darren Clarke could be looking forward to another 69"
Commentator Peter Allis on a bonus for the Open winner.

"Barcelona are blowing teams off the pitch"
Steven Gerrard on Barca's dodgy off-field activities.

"We've only had a couple of days with the balls out"
Neil Warnock puts everything on display.

COMPILED BY: GRAHAM WRAY PHOTOS: GETTY IMAGES, BACKPAGE IMAGES

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BEDROOM BABE!

CHANTAL 22, Swansea, retail supervisor

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"My sexy dancing would impress any bloke!"

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ULTIMATE GUIDE TO THE NEW SEASON

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Andre Villas-Boas uncovered

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ONLY IN Nuts!

Lorna
24, Manchester, accounts
"I love dressing up in stockings, suspenders and heels! I really like the secretary look!"

Zoe
19, Essex, waitress
"I love being curvy and I'm always being complimented on my sexy smile!"

Jessica
19, Gateshead, beautician
"I have a pretty big collection of sexy outfits that I keep stocked up for a rainy day!"

Jemma
26, Berkshire, student
"I'd love to take a bloke to the woods and slowly strip to reveal my sexy undies!"

PHOTOS: TOM SERGEANT HAIR & MAKE-UP: BETHAN OWEN'S LINGERIE: BRITISH CORSETRY

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Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to **www.nuts.co.uk/girls**, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

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REAL GIRLS, REAL PLACES!

Ladies, would you like *Nuts* to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:
Name: Jamie
Age: 21
Boobs: 32C
"I wouldn't change them for the world!"
Likes: "Boys who make me laugh!"
Ever kissed a girl? "Yes – just for fun!"
Strangest place you've had sex? "In a Jacuzzi!"
Sex tip: "Treat me rough!"

Jamie's naughty guide to Walton

Nuts visits Surrey to meet another hottie!





Jamie on... her boobs!

"I'm a 32C. My boobs are really pert so they stay where they are! Some girls take off their bra and everything drops, but mine stay pert 'n' perfect!"



Jamie on... her home!

"I live with my best friend. It's so much fun! Everything's pink and girly. There's loads to do here, so we're out partying and shopping all the time!"

Jamie on... mornings!

"I hate mornings so I try to stay in bed until lunchtime. But I haven't got anyone to share my bed with me at the moment! Any offers?"

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Jamie on... her eyes!

"I probably get the most compliments on my eyes and my bum. Guys say I've got come-to-bed eyes and I've got a nice booty on me. Ha-ha!"

Jamie on... her hair!

"I went bleached blonde for a year but guys just assumed I was always up for it. When I'm brunette, blokes tend to have more respect for me!"

Jamie on... healthy eating!

"I like to eat healthily but I've got a weakness for sweets. I can sit there and eat bags of them at a time! I'm going to join the gym soon – honest!"

"I love my 32C boobs – they're really pert!"

Jamie on... getting ready!

"It takes two and a half hours to get ready for a night out. I like to look perfect so if I've got a big night out, I'll start preparing a week before!"

Jamie on... her undies!

"I've got loads of underwear, but I'm always popping out to buy a new set. My kinkiest set is a pair of stockings and crotchless knickers!"

PHOTOS: ELLIS O'BRIEN

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BACK ISSUES For all *Nuts* back issues, call John Denton Services on 01733 385170, fax 01733 239356

LADIES CONFESS!

100% REAL STORIES!

TO OUR SECRETARY!





CONFESSION OF THE WEEK!

'We got wet reading *Nuts*'

While out shopping with my friend recently, it started to rain and we got soaked. We ran back to mine, giggling as her white top had gone see-through. We stripped to our undies and while warming up with a coffee, we had a little look at my boyfriend's *Nuts* magazine. After reading the Ladies Confess page, my dry knickers had become wet! I saw the naughty look on my friend's face and knew we both had the same idea. I leant across, pulled her bra aside and started to tease her erect nipples with my tongue. Before long, we were both naked, enjoying every inch of each other's body. She tasted amazing! I had the best orgasm of my life and by my friend's moans, I could tell she felt the same!

Kirsty, Windsor

'I pulled my top down for him'

I landed myself a new job in a department store recently and decided to spend a day there shopping to celebrate. I looked all day for a gorgeous dress and on my last attempt I found the perfect one. I tried it on and walked around the store, enjoying the admiring looks from fellas checking out my curves. Then a guy I was seeing a few months ago walked into the shop and stopped dead to eye me up. I walked straight up to him and asked him if he'd give me a hand. He followed me into the changing room and without saying a word, I pulled down both straps and touched my bare breasts, squeezing a nipple between my finger tips. His face was a picture and within seconds he'd replaced my hands with his own and kissed me passionately on the lips. We had a quick fumble until I heard my new boss' voice and told him to get out quickly. I've still not seen him since, but giggle every time I walk past the cubicle!

Jo-Jo, by email

'We did it in the airport lounge'

My fiancé and I were on our way to Greece and I'd always had a fantasy of getting filthy on a plane. We checked in and waited in the departure lounge, but just thinking of what could be happening in the next few hours made me wet and really excited. I couldn't wait any longer so I put my bag on his knee and slid my hand into his jeans, much to his delight. We snuck into a disabled loo where he pulled my skirt up and gave it to me hard from behind, as we didn't have much time. I never knew how much fun you could have in a small cubicle! I couldn't stop smiling to myself as I got on the plane with my wet knickers in my handbag!

Lucy, York

'I played with myself'

My boyfriend had just passed his driving test and we decided to take a ride in his dad's car. We set up the satnav and got going, enjoying the new experience. The oil indicator came on, so being cautious, he pulled over to check under the bonnet. While he fiddled about, I sat playing with his phone and came across a load of photos I'd taken a while ago and forgotten about. They were of him naked in the shower and I started to get really turned on looking at them. Before long, I found I was playing with myself and moaning, and it grabbed his attention within a minute. He laughed at what I was looking at and then asked if he could join in. I noticed the huge bulge in his trousers and climbed onto the back seat, flashing my tiny thong on the way. We were soon getting down to business and the car was steaming up and rocking. I just hope we didn't leave any stains on his dad's seat!

Lauren, by email

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 72. The best one each week* wins £50! Come on, girls!

ILLUSTRATION: NICK PURSER/FOLIO ART
*EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS APPLY

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Nuts FASHION

Grab a smart, sporty summer look by the collar!

PHOTOS: JIM LINCOLN

PHOTOS: JIM LINCOLN

10 polo shirts

FLY 53 £35
Team this with a pair of dark jeans. Quality!

NIKE SPORTSWEAR £35
Here's the Nike tennis-inspired "Grand Slam" polo.

UMBRO £30
The footy brand doesn't just turn out kits!

FRED PERRY £52
Pick up this stylish classic online.

STOCKISTS: FRED PERRY & LACOSTE: WWW.ASOS.COM. **BURTON:** WWW.BURTON.CO.UK. **FLY53:** WWW.FLY53.COM. **NICKELSON:** WWW.NICKELSON.CO.UK. **CRIMINAL DAMAGE:** WWW.CRIMINALDAMAGE.CO.UK. **FILA**

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FILA £35
Grab yourself some Italian sports style from Fila.

ORIGINAL PENGUIN £55
Inject some colour into your wardrobe!

CRIMINAL DAMAGE £25
The perfect polo for pub action.

BURTON £16
This number has to be best for value.

LACOSTE LIVE £54
This top's straight from Lacoste's Special Edition line.

NICKELSON £25
This shirt really does have a polo feel to it!

5 NEW GROOMING ITEMS

DAVID BECKHAM HOMME £20
Kicky new sniff.
Stockist: Nationwide

MANATOMICALS HAIR/BODY WASH £4
So minty our heads nearly imploded.
Stockist: Boots

PURE FISH 3-IN-1 SHAMPOO £3
Cleans, stops fluffy hair and kills dandruff.
Stockist: Boots

NIVEA FOR MEN REVITALISING EYE ROLL-ON £11
Soothes tired eyes.
Stockist: Nationwide

TED BAKER PASHION £26
Nice, woody base, zesty top notes.
Stockist: Debenhams.co.uk

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Nuts REVIEWS

MUSIC!



WU TANG CLAN
LEGENDARY WEAPONS



There's a reason they're hip-hop legends and this album underlines it, although it's a collection of rather disparate collaborations rather than a coherent gathering of the whole crew – GZA is conspicuous by his absence. Even so, the Wu continue to be awesome and guest-stars like MOP and Sean Price make up for the lack of a full complement. A minor hip-hop classic. ★★★★★

VARIOUS ARTISTS
TRANCE NATION: RANK 1



36 – count 'em! – of the latest trance hits from Ministry Of Sound, which is your seal of quality. The likes of Armin van Buuren and Eric Prydz provide the marquee names. ★★★★

VARIOUS ARTISTS
NOW 79



Yes, they really do still make these after all this time, and this one has a fair few good tunes (Aloe Blacc, Jessie J, Cee Lo Green) and some stinkers from twerps like Bruno Mars. ★★★

JOSS STONE
LP1



We'd rather pop our eyes out with hot spoons than listen to Joss. Her "first album recorded with total creative freedom" hasn't changed our minds one little bit. ★

APPS!



CAPTAIN AMERICA: SENTINEL OF LIBERTY
IPHONE, IPOD TOUCH, IPAD

Twenty-four levels of Red Skull-thwarting fun and an array of cool combat moves in a visually impressive action platformer, tying in with the ace movie release. ★★★★

HALFTONE
IPHONE, IPOD TOUCH, IPAD

Brighten up your photos with loads of different brilliant comic-book-style effects, including speech bubbles and captions. Excellent! ★★★★★

FIND MY IPHONE
IPHONE, IPOD TOUCH, IPAD

Losing your iPhone (or iPad or iPod Touch) is a bleedin' disaster. So install this and it'll help you locate it. ★★★★★

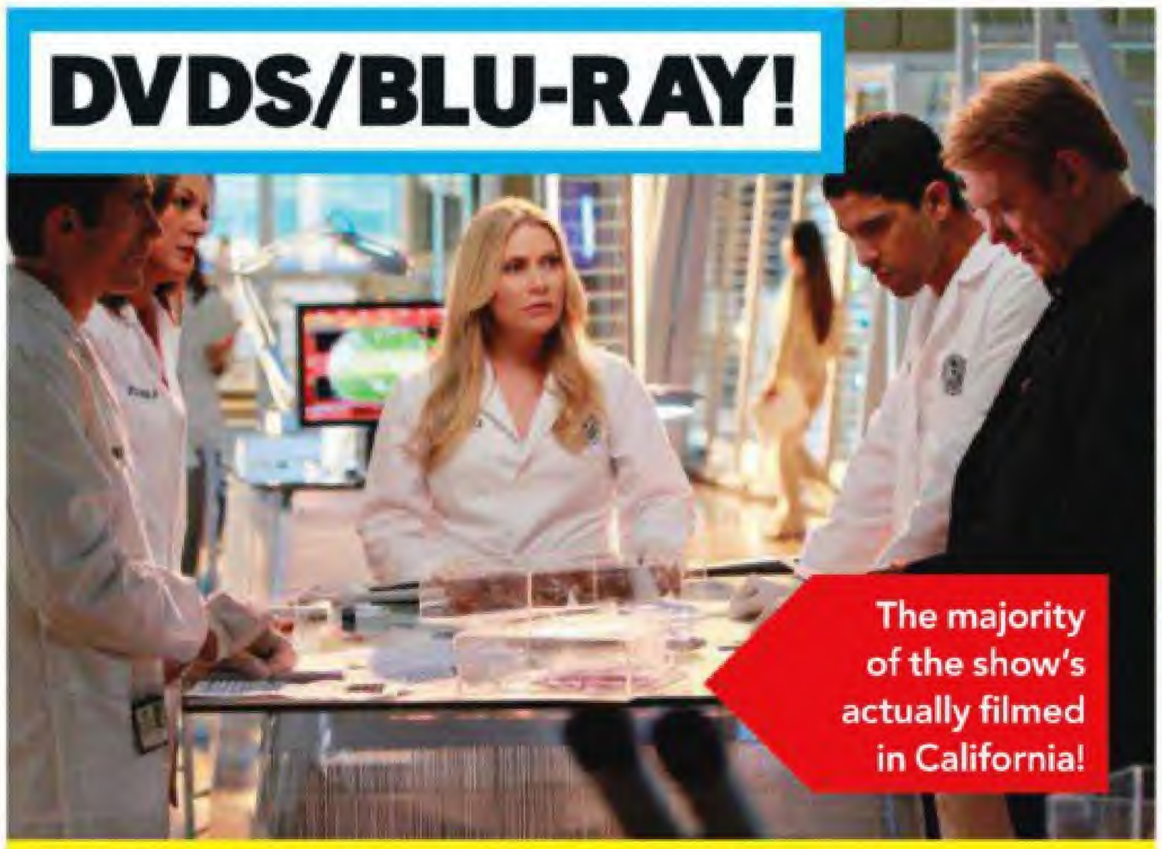
NPOLLS
IPHONE, IPOD TOUCH, IPAD

Fancy making some easy cash? Answer polls and you'll build up a few quid as a reward. Our survey said: yes, please! ★★★★★

W HOTELS WORLDWIDE
IPHONE, IPOD TOUCH, IPAD

Book rooms at the posh hotel chain, and listen to more than 55 hours of free music mixes put together by emerging DJs! ★★★★

DVDS/BLU-RAY!



CSI MIAMI: SEASON 8 BOX SET
DVD CERT 15



A whopping 24 episodes of the highly entertaining police drama, which sees CSI Delko fighting for his life after the gun battle at the end of the last series, a serial killer causing all sorts of grief for the team with the clever-clogs cryptic clues he leaves in his wake, and Horatio Caine donning those shades in time-honoured fashion. Decent! ★★★★

IRONCLAD
DVD & BLU-RAY CERT 15



Brutal actioner based on the true story of a castle siege in 1215. *Rome*'s James Purefoy stars, armed with a seriously huge sword. ★★★★

CONAN THE BARBARIAN
BLU-RAY CERT 15



'80s swords-and-sorcery cult classic with Ah-nuld Schwarzenegger as our hero out to avenge the murder of his parents. ★★★

THE LINCOLN LAWYER
DVD & BLU-RAY CERT 15



LA lawyer Matthew McConaughey lands the biggest case of his career, but is faced with some life-threatening consequences. ★★★

WORDS: DAN BRIGHTMORE, MIKE HALL, PETE CASHMORE

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All the latest action-packed releases

Ratings: ★★★★★ Genius ★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

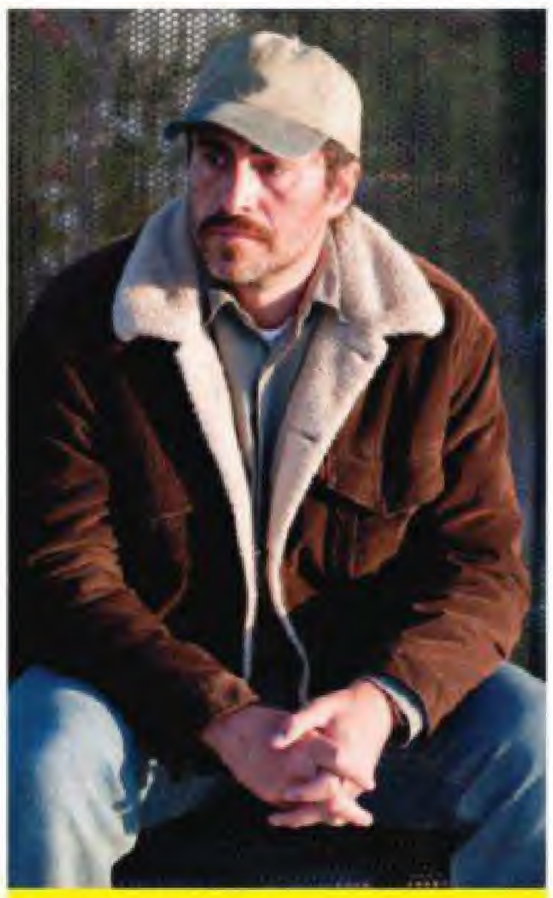
MOVIES!



CAPTAIN AMERICA 3D CERT 15

Chris Evans plays the weedy Second World War soldier who signs up for Project: Rebirth to become Marvel Comics hero Captain America. Armed with his awesome shield of indestructible vibranium, Cap battles evil Nazis led by *Matrix* chap Hugo Weaving as the Red Skull. Director Joe Johnston makes up for iffy horror *The Wolfman* with an all-action 3D fight-fest that also stars English totty Hayley Attwell. God bless America! ★★★★





A BETTER LIFE CERT 15

Raw drama following the struggles of a Mexican immigrant father and son, who are up against street gangs and the long arm of the law in a down and dirty Los Angeles. ★★★

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Nuts TV

Big stuff on the small screen!

Nuts! 7-DAY TV LISTINGS GUIDE!



FRIDAY

Test match cricket!

England vs India Sky Sports 1/HD, 10.30am

SUNDAY

It's business time!

Dragons' Den BBC2, 9pm



MONDAY

Superhero silliness!

Super Sky Box Office/HD, From 6.30am



SATURDAY

Scouse funnybloke!

John Bishop's Britain BBC1, 9.10pm

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FRIDAY 29 JULY

TODAY'S MUST-SEE TV PICKS!


The streaker brought the match to a halt

England vs India

SPORT Sky Sports 1/HD, 10.30am
The second Test against India begins at Trent Bridge. England haven't beaten India in a Test here since 1959, but we're still backing them. Come on! ★★★★★


Sean Lock's ventriloquism act was a winner

8 Out Of 10 Cats

COMEDY Channel 4/HD, 9pm
This week sees Sean Lock and chums joined by comedian David O'Doherty, Geordie TV presenter Lauren Laverne and Westwood! Brrrrap! ★★★★


Somehow, the busker had got into his living room

The Rob Brydon Show

CHAT BBC2, 10pm The Welsh funnyman welcomes fellow comedians Bill Bailey and Celia Pacquola, before having a good old croon with soul singer Beverley Knight. Lovely stuff. ★★★★

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.45** Doctors **2.15** Only Fools and Horses **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM Letter from an Unknown Woman: *Action movie from 100years ago.* **1.00pm** SPORT Swimming: The World Aquatics Championships **2.15** LIVE Golf: The Women's British Open: *Deranged clubbing from Carnoustie.* **5.15** Escape to the Country **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Wild at Heart (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News

Channel 4

6.10am The Hoobs (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Three in a Bed (R) **10.55** A Place in the Sun (R) **12.00** Channel 4 News **12.05pm** The Fairy Jobmother (R) **1.05** The Secret Supper Club (R) **1.35** SPORT David Clarke 2012 (R) **1.40** LIVE Channel 4 Racing **4.00** Deal or No Deal **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** Law & Order (R) **3.15** FILM Working Miracles: *Drama with Eddie Cibrian and Darcy Rose Byrnes.* **5.00** 5 News **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV **6.55** 5 News

Sky 1

7pm **The Simpsons**
Lisa cuddles a beached whale. And, no, it's not Homer. (R)(HD)

7.30 **The Simpsons**
Apu turns the Kwik-E-Mart into a tourist attraction. (R)

8.00 **Futurama**
Fry gets grief from Leela. (HD)

8.30 **Futurama**
Bender tries to legalise "robosexual" marriage . (HD)

9.00 **An Idiot Abroad**
Karl Pilkington bumbles around Mexico. (R)(HD)

10.00 **Wall of Fame**
Topical riddles with Walliams.

10.30 **Spartacus: Blood and Sand**
Spartacus goes on a relentless killing spree. Nice! (R)(HD)

11.45 **Brit Cops: Rapid Response**
Cops tackle crime really fast. (R)

12.45am **Stargate – Ark of Truth**
FILM The SG-1 team stops the death of humanity. Cool! (HD)

7PM

7.00 **The One Show: Best of Britain**
Not just waffle. Oh no. This time it's repeats of waffle. Run!

7.30 **The Good Cook**
Want a restaurant-standard dish at home? Simple, call the curry house!

8.00 **EastEnders**

8.30 **A Question of Sport**
Sporty banter with Jamie "the chuckling Scotsman" Murray. (R)

9.00 **My Family**
Time to hit the boozer, we'd say!

9.30 **Miranda**
Still 90 minutes till closing time! (R)

10.00 **News, Weather**

10.35 **Would I Lie to You?**
Er, yes! (R)

11.05 **My Favourite Joke**
Comics discuss Lee Evans, Leonard Rossiter and Morecambe and Wise.

11.35 **National Lottery Friday Night Draws**
We're rich beyond… oh, hang on!

11.45 **The Ring Two**
FILM Horror chiller sequel starring Naomi Watts and Simon Baker.

7.00 **Madagascar**
Cyanide-eating lemurs and a crazily-eyed monkey called the sifaka. (R)

8.00 **Gardeners' World**
Plant planting.

9.00 **The First World War from Above**
Aerial footage of the war. (R)

10.00 **The Rob Brydon Show**
MUST-SEE With Bill Bailey, Beverley Knight and Aussie stand-up Celia Pacquola.

10.30 **Newsnight**
Probably best to record this so you can watch it again and again!

11.05 **Scenes from a Teenage Killing**
An in-depth look at how teen murders destroy families.

7.00 **Emmerdale**
Beautiful girls in the most boring village outside of Lincolnshire.

7.30 **Coronation Street**
Have you seen the price of a pint in the Rovers? Makes you weep.

8.00 **Love Your Garden**

8.30 **Coronation Street**
There is literally no excuse for watching this on a Friday night.

9.00 **Charles and Diana: Wedding of the Century**
Shhh! Don't mention the words "Camilla" or "divorce".

10.00 **ITV News**

10.35 **Assassins**
FILM A pair of "expert assasins" prove to be totally rubbish at killing each other. Perfect post-pub fodder!

12.55am **The Zone**

7.00 **News**

7.30 **4thought.tv**
Rapper Mr C'monn discusses his beliefs and that like, innit.

7.35 **419: The Internet Romance Scam**
Men telling women lies? Surely not!

8.00 **Come Dine with Me**
From East Yorkshire.

9.00 **8 Out of 10 Cats**
MUST-SEE Jimmy C keeps it real with Tim Westwood in da house. Boom!

9.30 **Alan Carr: Chatty Man**
Toothy chatter with Stephen Merchant and Bradley Cooper.

10.30 **Chris Moyles' Quiz Night**
Stacey Solomon is on. So turn down the sound and enjoy!

11.20 **The Big Bang Theory**
The chuckledom of geekdom.

11.50 **Sirens**
Comedy bandage wrappers. (R)

12.50am **Maverick Sabre**
A profile of the singer-songwriter.

7.00 **Cricket**
SPORT England take on the Little Maestro and his Indian chums in the second Test from Trent Bridge.

8.00 **Danger: Diggers at Work**
A crane falls over in a country lane. The excitement truly is unbearable.

9.00 **Castle**
Sadly, this has nothing to so with South African beer. That's unless the TV is in a bok bar somewhere!

10.00 **The Mentalist**
Could a gang leader be responsible for a teenager's death? (R)

10.55 **CSI: Miami**
Does anyone in Miami get run over or die in bed of the flu? (R)

11.50 **Inside Hollywood**
All the latest gossip from that there Tinseltown. Or in other words: this is girls' TV – switch over! (R)

12.05am **SuperCasino**

1AM

1.30am Sign Zone: Rick Stein's Spain (R) **2.30** Restoration Home (R) **3.30** Royal Upstairs Downstairs (R) **4.00-6am** BBC News

1.05am FILM Babylon: *Drama starring Brinsley Forde and and Karl Howman.* **2.35-4.00am** BBC News

3.00 FILM Unleashed: *A boy raised as a dog becomes a kung-fu genius. Yes, really.* **4.40am** Nightscreen

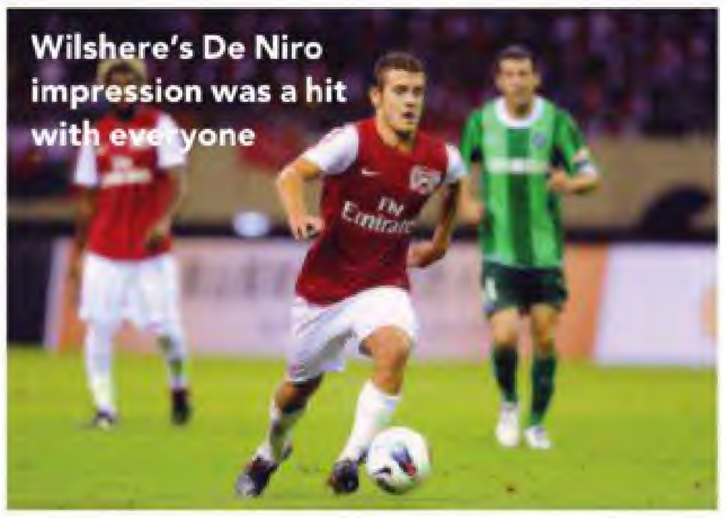
1.05 Abbey Road Debuts (R) **1.20** My Name Is Earl (R) **2.05** Mesh (R) **2.10** Real Housewives of New Jersey (R) **2.55** Ugly Betty (R) **5.45-6.10am** Yo Gabba Gabba! (R)

4.05 SPORT Motorsport Mundial: *High-speed coverage.* **4.35** Great Scientists (R) **5.00** County Secrets (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

FRIDAY'S SPORT

10am Golf, Sky Sports 2. **10.30am** MUST-SEE England vs India, Sky Sports 1. **10.30am** Australian Rules Football, ESPN. **1.40pm** Racing, Channel 4. **2.15pm** Golf, BBC2. **3pm** Golf, Sky Sports 2. **7.30pm** Hull FC vs Wigan, Sky Sports 1.

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Wilshere's De Niro impression was a hit with everyone

Arsenal vs Boca Juniors ESPN, 4.15pm

SPORT The Emirates Cup sees the hosts taking on the Argentinian giants. A solid pre-season time-filler! ★★★



"Please tell me you didn't wipe *Top Gear* off the Sky+..."

Camelot Channel 4/HD, 9pm

DRAMA Harwel lays siege to Arthur's outpost at Bardon Pass, but why worry too much about what's actually happening when you can treat your peepers to the sight of the lovely Eva Green? ★★★★



Rare film still of a haunting deleted scene from *Inception*

John Bishop's Britain BBC1, 9.10pm

COMEDY The Scouse comic grabs hold of the trials of life and mocks them into submission. Ace! ★★★★★

BBC One

6.00am Breakfast **10.00** Saturday Kitchen Best Bites **11.30** The Good Cook (R) **12.00noon** BBC News, Regional News, Weather **12.10pm** LIVE Formula 1: The Hungarian Grand Prix Qualifying: *From Budapest. Start-time 1pm.* **2.20** SPORT Swimming **3.20** LIVE Golf: The Women's British Open: *The third day from Carnoustie in Scotland.* **5.10** BBC News, Regional News, Weather **5.30** Total Wipeout (R) **6.30** Tonight's the Night

7.30 The National Lottery: In It to Win It
Quiz show, then the small matter of dishing out millions of pounds.

8.20 Casualty
Pill-popping nonsense.

9.10 John Bishop's Britain
MUST-SEE The chuckly Liverpudlian comic's back for a new series of entertainment, with guest Freddie Flintoff. Brilliant! Check out our interview with John on page 36.

9.40 BBC News, Weather

10.00 King Arthur
FILM A Roman commander in fifth-century Britain comes to realise his true destiny is to lead the people against Saxon invaders.

11.55 Amityville II: The Possession
FILM Ah, a nice bit of terror to liven up your post-pub TV watching. A troubled family move into a Long Island property, where the teenage son comes under the influence of supernatural forces. Heck!

1.35-6.00am BBC News

BBC Two

6.00am CBeebies **7.00** CBBC **12.00noon** Lifeline (R) **12.10pm** Coast (R) **12.15** Antiques Road Trip (R) **1.00** Antiques Road Trip (R) **1.45** FILM Sodom and Gomorrah: *Biblical epic starring Stewart Granger and Anouk Aimee.* **4.10** Flog It! (R) **5.10** LIVE Golf: The Women's British Open: *The third day from Carnoustie in Scotland.* **6.00** LIVE Athletics: *Fit people run around and throw things.*

7.30 Dad's Army
"We're all *doomed*!" etc. (R)

8.00 The Impressionists - Painting and Revolution
Do yourself a favour – give BBC2 a wide berth until 11.20pm.

9.00 BBC Proms 2011
Well, we did warn you. The City of Birmingham Symphony Orchestra performs Strauss, Walton and Prokofiev. Bothered? Us neither.

11.20 The Rob Brydon Show
The Welsh comic chats to Bill Bailey, performs a duet with soul singer Beverley Knight and introduces comedy by Australian stand-up Celia Pacquola. Bonzer, mate! (R)

11.50 TOTP2: 80s Special
OTT performances from the '80s. (R)

12.50am Tapeheads
FILM A pair of jobless nerds decide to try and make it big in the music video business. John Cusack stars.

2.20-3.40am FILM Summer: *Drama starring Robert Carlyle.*

ITV 1

5.30am ITV News **6.00** CITV **8.25** Ten Mile Menu (R) **9.25** Coronation Street **11.45** This Morning: Saturday **12.45pm** ITV News, Weather **12.50** FILM Murder Is Easy **2.45** FILM Columbo: A Stitch in Crime: *Murder mystery.* **4.15** Harry Potter and the Deathly Hallows: Part 2 – Behind the Magic (R) **5.15** Regional News, Weather **5.25** ITV News, Weather **5.40** FILM Harry Potter and the Prisoner of Azkaban

8.15 Odd One In
Coronation Street and *Emmerdale* teams compete. Meaning there'll probably be a couple of hotties taking part, but we're stil not going to bother watching it.

9.00 Penn & Teller: Fool Us
Card-trick champion Shawn Farquhar ties to outwit the illusionists with mind-boggling tricks. We're thinking of doing a disappearing act – to the pub.

10.00 The Marriage Ref
With Denise Van Outen, Sarah Millican and Micky Flanagan.

11.00 ITV News, Weather

11.15 The Specialist
FILM Explosives expert Sly Stallone comes out of retirement to help a woman exact her revenge on the gang that murdered her parents.

1.15am The Zone **3.15** In Plain Sight **4.05-5.30am** ITV Nightscreen

Channel 4

6.10am The Hoobs (R) **6.35** The Film Show (R) **7.00** SPORT Formula 3 **7.25** SPORT The Grid **7.55** SPORT The Morning Line **8.55** T4: Friends (R) **9.25** Hollyoaks Music Show **9.55** Smallville (R) **10.50** Friends (R) **11.20** Pop Up Pop Quiz **12.10pm** Dirty Sexy Things **1.15** The TV Book Club **1.50** Danielle Brown 2012 (R) **1.55** LIVE Racing **4.05** David Smith 2012 (R) **4.10** Come Dine with Me (R) **6.15** News **6.45** 4thought.tv **6.50** FILM Crocodile Dundee II

9.00 Camelot
MUST-SEE Sword-wielding fun as Sybil tries to lure Arthur out of Camelot, while Merlin and Igraine ride to Castle Pendragon to arrest Morgan.

10.00 Cloverfield
FILM Camera-shaking abounds as five New Yorkers film the carnage when a giant monster attacks the city. Thrilling stuff, with Michael Stahl-David and Lizzy Caplan.

11.40 Underworld: Evolution
FILM A vampire and a hybrid werewolf attempt to unlock the secrets of their bloodlines.

1.35am Bums, Boobs and Botox (R) **2.30** 24 Hours in A&E (R) **3.25** Embarrassing Bodies: Teen Special (R) **4.20** Hill Street Blues (R) **5.10-6.05am** Born to Be Different (R)

Channel 5

6.00am Milkshake! **10.00** Inside Hollywood (R) **10.15** Mexican Food Made Simple (R) **10.45** FILM Cheyenne Autumn: *Western starring Richard Widmark.* **1.50pm** FILM Sugarfoot: *Western starring Randolph Scott.* **3.25** FILM War Arrow: *Western starring Maureen O'Hara and Jeff Chandler.* **5.00** FILM Blue Thunder: *Thriller starring Roy Scheider and Warren Oates.*

7.00 Cricket
SPORT Bat-swinging (well, providing it's not been tipping it down) between England and India.

7.55 5 News Weekend

8.00 NCIS
The team suspect a desperate Marine may have faked his own death with the help of a pal. (R)

9.00 CSI: Miami
A golf instructor is arrested and found guilty of murdering a woman whose body was discovered in his locker. But it's not that simple! (R)

10.00 Law & Order: Special Victims Unit
The detectives investigate the world of ultimate fighting.

10.55 CSI: Crime Scene Investigation
A respected philanthropist is assaulted in her home. (R)

11.55 Inside Hollywood
Celeb gossip. One for the girlfriend, we reckon. (R)

12.00m't SuperCasino

4.05am The Family Recipe (R) **4.10** The FBI Files (R) **5.00** Hana's Helpline (R) **5.10** The Milkshake! Show (R) **5.35** Thomas & Friends (R) **5.45-6am** Roary the Racing Car (R)

Sky 1

7.00pm **Emergency with Angela Griffin**
The actress highlights the work of paramedics. (R)(HD)

8.00 **Futurama**
Fry gets in trouble when he posts an embarrassing picture of Leela online. (HD)

8.30 **Futurama**
Bender heads a campaign to legalise "robosexual" marriage. The sly old robot. (HD)

9.00 **Men of Honor**
FILM Biopic starring Cuba Gooding Jr as Carl Brashear, who overcame racism to become the first African-American diver in the US navy. With Robert De Niro. (HD)

11.25 **Cop Squad**
Crim-catching in Cambridgeshire. (R)(HD)

12.25am **Law & Order**
A woman who looks after children with learning difficulties is murdered. (R)(HD)

SATURDAY'S SPORT

10.30am England vs India, **Sky Sports 1**. **11.30am** St Johnstone vs Rangers, **ESPN**. **12.10pm** Formula 1, **BBC1**. **3.20pm** Golf, **BBC1**. **4pm** Celtic vs Inter Milan, **Sky Sports 2**. **4.15pm** MUST-SEE Arsenal vs Boca Juniors, **ESPN**.

SUNDAY'S SPORT

10.30am England vs India, **Sky Sports 1**. **12.05pm** Formula 1: Hungarian Grand Prix, **BBC1**. **4pm** Inter Milan vs Man City, **Sky Sports 2**. **4.15pm** Arsenal vs New York Red Bulls, **ESPN**. **7.00pm** MUST-SEE Darts, **ITV4**.

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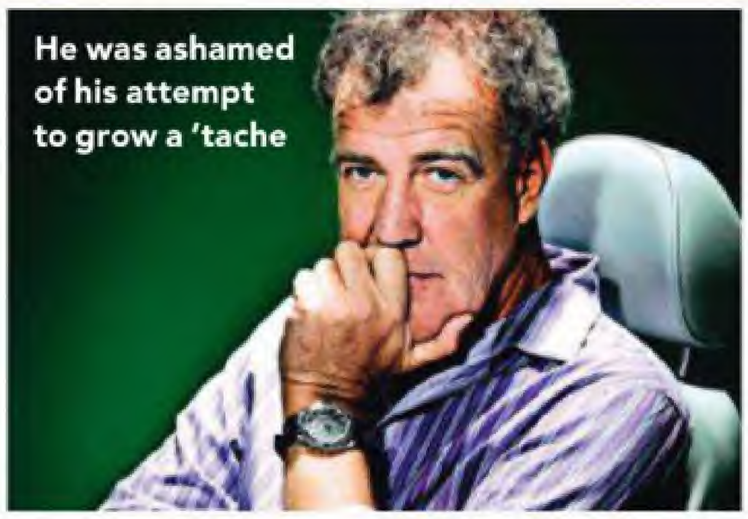
SUNDAY 31 JULY

TODAY'S MUST-SEE TV PICKS!



Darts ITV4, 7pm

SPORT It's the European Championship semi-finals and final from Dusseldorf in Germany. Last year, winner Phil Taylor suffered a huge scare in the semi, sneaking past Terry Jenkins 11-10. ★★★★★



Top Gear BBC2/HD, 8pm

CARS Who knows how Clarkson and chums will end this latest series? But it's sure to be weird, funny and dangerous. One question: how is Rowan Atkinson a faster driver than Tom Cruise? How? ★★★★★



Dragons' Den BBC2, 9pm

REALITY Yes! The show with more duff pitches than Wembley returns, with Hilary Devey replacing James Caan. Ideas tonight include a unique use for a plastic egg. We dread to think! ★★★★★

6AM

BBC ONE

6.00am Breakfast **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks **12.00noon** BBC News **12.05pm** LIVE Formula 1: The Hungarian Grand Prix: *From the Hungaroring. Start-time 1pm.* **3.25** My Family (R) **3.55** Escape to the Country **4.55** Songs of Praise **5.30** Horrible Histories with Stephen Fry **6.00** BBC News, Regional News, Weather **6.30** Antiques Roadshow (R)

BBC TWO

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** EastEnders **1.30pm** LIVE Golf: The Women's British Open: *The fourth and final day from Carnoustie.* **5.00** SPORT Swimming: *The World Aquatics Championships.* **6.00** LIVE Athletics: *The World Trials and UK Championships: The World Trials and UK Championships.*

ITV 1

5.30am ITV News **6.00** CITV **8.25** May the Best House Win (R) **9.25** Dickinson's Real Deal (R) **10.25** 60 Minute Makeover (R) **11.30** This Morning: Sunday **12.30pm** Dinner Date (R) **1.30** ITV News, Weather **1.35** Survival: Tales from the Wild **2.30** Inspector Morse: *An opera singer is shot.* (R) **4.30** Midsomer Murders (R) **6.30** Regional News, Weather **6.45** ITV News

CHANNEL 4

7.05am Intelligent Sport UK Challenge **7.35** SPORT World Touring Cars (R) **8.00** Stephen Miller (R) **8.05** Friends (R) **9.00** Harry Potter and the Deathly Hallows Part 2 – T4 Premiere Special (R) **9.30** Hollyoaks **12.00noon** Ibiza Rocks **12.20pm** T4 on the Beach **1.20** The Simpsons (R) **2.25** Undercover Boss (R) **3.25** Help! My House Is Falling Down (R) **4.30** Ellie Simmonds (R) **4.35** FILM The Spiderwick Chronicles **6.25** News **6.55** 4thought.tv

CHANNEL 5

6.00am Milkshake! **10.00** How Do They Do It? (R) **10.30** Police Interceptors (R) **11.30** SPORT One Year To Go: Building Stratford : *The construction of the 2012 Olympic Park.* (R) **12.30pm** FILM Beyond the Poseidon Adventure: *Disaster movie sequel.* **2.45** FILM The Last Starfighter: *Sci-fi adventure starring Lance Guest and Dan O'Herlihy.* **4.40** FILM The Karate Kid Part II: *Martial-arts adventure sequel starring Ralph Macchio.* **6.55** 5 News

sky1

7pm **Hawaii Five-0**
Don't like the glossy cop show? Then Sky1's not the place for you tonight. It's back-to-back episodes from the first series. First up, a former Navy Seal takes a group of tourists hostage on a visit to a battleship. (R)(HD)

8.00 **Hawaii Five-0**
…then the body of a copper is found in a fire pit. (R)(HD)

9.00 **Hawaii Five-0**
…before a dictator targeted for assassination visits. (R)(HD)

10.00 **Hawaii Five-0**
… and a bunch of thieves nick an armoured car. (R)(HD)

11.00 **Hawaii Five-0**
…and a young wife claims her husband was kidnapped from their hotel. (R)(HD)

12.00m't **Hawaii Five-0**
Finally, the bloke who killed McGarrett's dad returns. It's all a bit daft, but at least there are plenty of women in bikinis to look at. You never got that with *The Wire.* (R)(HD)

7PM

7.30 **Countryfile**
Rural rubbish.

8.30 **Inspector George Gently**
The only thing more predictable than an episode of *Inspector George Gently*? A repeat of an episode of *Inspector George Gently*. It's 1966 and Martin Shaw's Northumbrian copper is investigating the death of a prof at a CND rally. It's 1966, man! Isn't there football to watch? (R)

10.00 **News, Weather**

10.25 **Sugartown**
Is the sweet factory doomed? Good question. Here's a better one though – is anyone still watching this clunky comedy drama?

11.25 **Moving On**
Can a lad's parents stop him being bullied? Or is sticking their oar in just going to make things worse? (R)

12.15am **Sign Zone: The Street That Cut Everything**
A Preston street cuts all ties with the council. Can they work together instead? Short answer? No. (R)

8.00 **Top Gear**
MUST-SEE The new Lamborghini Aventador's taken out on the track, which is great! It's the last in the series, though, which isn't. Boo!

9.00 **Dragons' Den**
MUST-SEE Scary-looking haulage industry millionaire Hilary Devey joins the Dragons. Tonight's pitches? An explosive circus act, a new use for a plastic egg and a massage service. No, not *that* kind of massage.

10.00 **Grumpy Guide to Food**
Miserable old people shake their fists at pizza slices, or something.

11.00 **What Just Happened?**
FILM Comedy drama starring Robert De Niro and and Catherine Keener.

12.35am **Trees Lounge**
FILM A no-hoper alcoholic gets a job driving an ice-cream van, which results in a questionable romance with a 17-year-old girl. Oops!

7.00 **The Royal**
Dr Ormerod opens a can of worms while attending to the problems of a local family. It's the last-ever episode. See? There *is* a telly god!

8.00 **Born to Shine**
More celebs learn skills from talented kids. Comic Jason Byrne learns Irish dancing, TV presenter Joe Swash beatboxes and actress Tracy-Ann Oberman sings a folk song while playing the guitar. It's almost enough to make us miss *Popstar To Operstar.* Almost.

9.00 **Law & Order: UK**
Brooks and Devlin hunt down two killers who go on a shooting rampage in London.

10.00 **ITV News, Weather**

10.15 **The Kingdom**
FILM Action thriller starring Jamie Foxx. An FBI team travels to Saudi Arabia to track down the mastermind behind a terrorist attack. Gritty stuff that's just a bit too complicated for its own good.

12.15am **The Zone**

7.00 **A Place in the Sun: Home or Away**
A couple with 350 grand burning a hole in their pockets go hunting for a big house in either Cornwall or the south of France. Lucky old them!

8.00 **Holiday Hijack**
Four British travellers arrive in the Maldives expecting a luxury holiday. Instead they're packed off to live with a poor local family on an island that services the region's luxury resorts. They're in for a shock…

9.00 **Juno**
FILM Offbeat comedy starring Ellen Page. A sassy 16-year-old pregnant girl decides to find the perfect parents to adopt her unborn baby. Much, much funnier than it sounds.

10.50 **Under Siege**
FILM Steven Seagal's the ship's cook slicing and dicing any and all terrorists stupid enough to take over his navy battleship. It's a corker!

12.50am **Stand Up for the Week**
Host Kevin Bridges is joined by Carl Donnelly and regular stand-ups Jack Whitehall, Rich Hall, Andi Osho and Jon Richardson. (R)

7.00 **Cricket**
SPORT Action from the third day of the second Test between England and India at Trent Bridge. Cool!

8.00 **New Cowboy Builders**
Dominic Littlewood and Melinda Messenger visit a Bradford family who were left roofless by the firm they hired to build an extension. (R)

9.00 **xXx**
FILM Action baldie Vin Diesel is the extreme sports fanatic recruited by Samuel L Jackson's superspy for a dangerous mission.

11.25 **Linewatch**
FILM Middling crime drama starring Cuba Gooding Jr and Omari Hardwick. An LA gang member turns his life around and becomes a respected US border patrol officer, but his past catches up with him. As it always does in this kind of thing.

1AM

1.15 The Street That Cut Everything (R) **1.50** Holby City: *Medical rubbish.* (R) **2.50** Antiques Road Trip (R) **3.35-6.00am** BBC News

2.05am BBC News **4.05-4.50am** SPORT The Super League Show

2.00 SPORT Motorsport UK **2.55-5.30am** ITV Nightscreen

1.40 FILM The Pawnbroker: *Psychological drama starring Rod Steiger.* **3.30** The Crucified Soldier (R) **4.25** Hill Street Blues (R) **5.15-6.00am** One Tree Hill (R)

1.10am Super Casino **4.05** The Family Recipe (R) **4.10-4.35am** Great Artists (R)



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Nuts TV

1 AUGUST MONDAY



Super FILM
Sky Box Office, from 6.30am

Rainn Wilson stars in this "rubbish superhero" flick that's as funny as *Kick-Ass* and a lot less pleased with itself. Wilson plays the hapless Crimson Bolt, with Ellen Page as his sidekick. ★★★★



Funny Or Die Presents
COMEDY **Sky Atlantic/HD, 10.15pm**

More mad sketches from the show inspired by the website co-founded by Will Ferrell. Tonight sees a couple's love for doughnuts take a dangerous turn. ★★★★



Sirens
Channel, 4/HD 10pm

COMEDY Both dark and amusing, this first series of the ambulance-set comedy has been a mixed bag, but a fun one. It wraps up tonight, as Stuart faces a life-or-death situation. ★★★

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 **The One Show**
Topical twaddle.

7.30 **Fake Britain**
Ropey oil-drilling parts, of all things.

8.00 **EastEnders**
Jack urges Carol to steer clear of the Moons, while we urge you to steer clear of this.

8.30 **Dying for a Drink – Panorama**
Tell us about it.

9.00 **New Tricks**
The ex-coppers are studied by a psychologist.

10.00 **News, Weather**

10.35 **A Question of Sport**
With oldie sports types Michael Holding and Martina Navratilova.

11.05 **The Celebrity Apprentice USA**
Double-length episode.

12.35am **Sign Zone: A History of Celtic Britain**
The beginning of Roman Britain. (R)

1.35 Animal 24:7 (R) **2.20** An Island Parish (R) **2.50** Antiques Road Trip (R) **3.35-6.00am** BBC News

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM Whistle Down the Wind: *Drama starring Hayley Mills and Alan Bates.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

7.00 **Victorian Pharmacy**
Harsh medical treatments.

7.30 **Wonderstuff**
Ingredients used in the manufacture of household cleaning products. We'd rather flush our heads down the loo than watch this.

8.00 **University Challenge**
Paxo terrifies some more spotty student types.

8.30 **Antiques Master**
Set the Sky+ – there's a plate collector on tonight's edition!

9.00 **Natural World Special: My Life as a Turkey**

10.00 **Mock the Week**
Topical laughs with Chris Addison, Stewart Francis and Ava Vidal. (R)

10.30 **Newsnight**

11.20 **Torchwood: Miracle Day**
Jack confronts the mysterious Oswald Danes. (R)

12.15am **The Tudors**
Lardy-king drama. (R)

1.05-3.40am BBC News

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News, Weather

7.00 **Emmerdale**
Bovine-based bobbins.

7.30 **Coronation Street**
Amber goes clubbing all night with Tommy. On a Monday? Hardcore!

8.00 **Countrywise Kitchen**
A Hampshire farmer producing meat from his herd of water buffalo.

8.30 **Coronation Street**
We reckon Amber and Tommy must be feeling pretty washed out.

9.00 **Show Me the Funny**
The eight contenders perform for students in the West Midlands.

10.00 **ITV News, Weather**

10.35 **Out of Sight**
FILM Ace romantic thriller starring George Clooney and Jennifer Lopez. A habitual bank robber tries to keep one step ahead of the federal marshal on his trail.

12.45am **The Zone**

2.50 Nightwatch with Steve Scott (R) **3.40** ITV Nightscreen **4.35-5.30am** The Jeremy Kyle Show (R)

Channel 4

6.50am Everybody Loves Raymond (R) **7.20** According to Jim **7.45** T4: Friends (R) **8.45** 90210 **9.40** N-Dubz' Postcard from T4 On the Beach **9.55** NEW Made in Chelsea **11.00** Friends (R) **12.05pm** A Place in the Sun (R) **1.05** FILM Gentlemen Prefer Blondes **2.55** Celebrity Come Dine with Me Extra Portions (R) **4.00** Deal or No Deal: Hall of Fame (R) **5.00** Celebrity Come Dine with Me Extra Portions (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 **News**
It's a mad world out there…

7.55 **Channel 4 Presents – Mandip Sehmi 2012**
A profile of the Paralympic wheelchair rugby player.

8.00 **The Secret Life of Buildings**
NEW A spod examines how the design of buildings affects people at home and at work.

9.00 **Embarrassing Fat Bodies – Back to the Clinic**
Revisiting people who had weight-related problems.

10.00 **Sirens**
MUST-SEE Rachid's future on the team seems in doubt.

11.05 **Coming Up: Food**
Drama in which a food crisis leads to the collapse of British society.

11.35 **4thought.tv** (R)

11.40 **Chris Moyles' Quiz Night**
With Stacey Solomon, Chris Tarrant and Jimmy Carr. (R)

12.30am **Music on 4: Exit Festival**
A music festival. In Serbia!

1.15 FILM Infernal Affairs III: *Hong Kong police thriller sequel starring Andy Lau.* **3.15** Hill Street Blues (R) **4.05** One Tree Hill (R) **4.55-5.50am** Cookery School (R)

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Monkey Life (R) **1.45** Neighbours **2.15** CSI: NY (R) **3.15** Chinese Food in Minutes (R) **3.20** FILM McBride: Fallen Idol: *Mystery starring John Larroquette.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV **6.55** 5 News at 7

7.00 **Cricket**
SPORT The day's ball-clobbering between England and India on the fourth day of the second Test.

8.00 **Police Interceptors**
More stress for the Old Bill as a law enforcer goes in search of a suspicious character and an officer is nearly run over by someone.

9.00 **The Ninth Gate**
FILM An unscrupulous book hunter searches for the surviving copies of a 17th-century book of demonology.

11.45 **Frankenstein**
FILM Horror thriller starring Parker Posey and Vincent Perez. Two cops link a 200-year-old scientist and his creations to a series of killings in present-day New Orleans.

1.25am SuperCasino **4.05** The Family Recipe (R) **4.10** Michaela's Wild Challenge (R) **4.55** County Secrets (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

sky1

7.00pm **The Simpsons**
Norwegian immigrants look for work in Springfield. (R)(HD)

7.30 **The Simpsons**
A carnival worker moves in with the Simpsons. (R)

8.00 **Road Wars**
Chris and Simon deal with a violent suspect.

9.00 **Cop Squad**
Madness from the Harlem of England, er, Cambridge? (HD)

10.00 **Spartacus: Gods of the Arena**
Booby *Prequel to Spartacus: Blood and Sand*, starring Dustin Clare. (R)(HD)

11.15 **Wall of Fame**
Topical panel show hosted by David Walliams. (R)

11.45 **Miami SWAT**
Following the work of the elite tactical unit. (R)

12.45am **Miami SWAT**
See above. (R)

MONDAY'S SPORT

10.30am Cricket: England vs India, **Sky Sports 1. 6pm** Pre-Season Football: Valarenga vs Liverpool, **ESPN. 7.30pm** Speedway, **Sky Sports 2. 12m't** Major League Baseball: Chicago White Sox vs New York Yankees, **ESPN.**

TUESDAY'S SPORT

10.30am Cricket: England vs India, **Sky Sports 1. 7pm** Winning Post, **Sky Sports 2. 7.45pm** Pre-Season Football: Marseille vs Man United XI, **ESPN. 1am** Major League Baseball: Milwaukee Brewers vs St Louis Cardinals, **ESPN.**

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TUESDAY 2 AUGUST

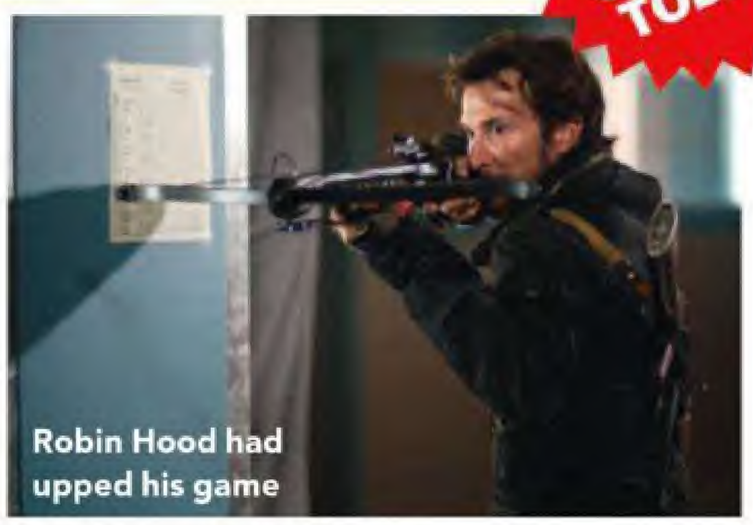
NEW ISSUE ON SALE TODAY!

TODAY'S MUST-SEE TV PICKS!


McLeish had a taste for the high life

CSI: Miami Channel 5, 9pm

DRAMA When the body of a waitress is found in a pool, suspicion falls upon a college footballer. However, another potential killer soon emerges, just to make life complicated. As usual! ★★★★


Robin Hood had upped his game

Falling Skies FX, 9pm

DRAMA More sci-fi action as Hal formulates a plan to rescue the captured teenagers, a scheme that seems more risky than reasoned. We love the aliens in this, even if the CGI's a bit ropey! ★★★


"Don't worry dear, I've a change of trousers in my bag!"

Angry Boys

COMEDY **BBC3/HD, 10.30pm** Quality mockumentary-style laughs from the bonkers mind of *Summer Heights High* star, Chris Lilley. This week, S.mouse launches his new album. Brilliant! ★★★★

BBC one

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show
Alex Jones, Matt Baker and company present stories from around the UK. As usual.

7.30 EastEnders
Market-stall misery.

8.00 Holby City
Chrissie puts aside her feud with Dan to help him complete a tricky procedure. Are medical dramas really supposed to make you lose the will to live? This one does.

9.00 DIY SOS: The Big Build
NEW The team work on a rubbish extension in Gloucestershire.

10.00 News, Weather

10.35 An Abuse of Trust
An update on an investigation into a paedophile headmaster.

11.05 Imagine: Being a Concert Pianist
Talented piano players explain how they became, er, talented piano players. The word "practise" is going to crop up a lot, we reckon.

12.10am Sign Zone: Coast
Wave-related waffle. (R)

1.10 Fake Britain (R) **1.55** Saints and Scroungers (R) **2.25** An Island Parish (R) **2.55** Antiques Road Trip (R) **3.40-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM Dead Reckoning: *Thriller starring Humphrey Bogart.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

7.00 Dragons' Den
In case you missed Sunday night's episode, here it is again. (R)

8.00 Restoration Home
Can a pair of OAPs do up a medieval house near Milton Keynes? They'll probably finish all the building work before we even start caring.

9.00 The Hour
Hector the news anchor (which we reckon may be rhyming slang) invites the team for a shooting party to celebrate the TV show's ratings success. Will he manage to keep his hands off sexy producer Bel though?

10.00 Twenty Twelve
Dull sitcom about getting ready for the Olympics. It was no fun first time round on BBC4. It's less now.

10.30 Newsnight

11.20 Town with Nicholas Crane
The speccy presenter explores Ludlow. Like *Coast*, but drier. In all senses of the word. (R)

12.20am The Tudors
There's a battle to fight, but Henry VIII plays the "my old jousting injury's playing up" card to duck it. Who hasn't done that, eh? (R)

1.10-3.40am BBC News

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News, Weather

7.00 Emmerdale

7.30 Wildlife Patrol
The National Wildlife Crime Unit are annoyed by illegal snares, but a large shipment of frogs at Heathrow makes them hopping mad. Sorry…

8.00 Cops with Cameras
Policemen film themselves chasing crooks and raiding crack dens. Does what it says on the tin. (R)

9.00 Homes from Hell
Think your house is rubbish? This should make you feel better. At least yours hasn't exploded yet!

10.00 ITV News, Weather

10.35 Celebrity Juice: Up the Duff Special
A pregnancy-themed episode, with Emma Bunton and Myleene Klass.

11.20 iTunes Festival Highlights 2011
With music by Friendly Fires, Foo Fighters and the Script.

12.15am The Zone.

2.20 Crossing Jordan **3.05-5.30am** ITV Nightscreen

4

6.50am Everybody Loves Raymond (R) **7.20** According to Jim **7.45** Friends (R) **8.45** 90210 **9.40** Postcard from T4 on the Beach **10.00** Made in Chelsea **11.00** Friends (R) **12.05pm** A Place in the Sun: Home or Away (R) **1.05** River Cottage Bites (R) **1.15** FILM Carry On Abroad: *Comedy starring Sid James.* **2.55** Come Dine with Me (R) **4.00** Deal or No Deal: Hall of Fame (R) **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 Channel 4 Presents Hannah Cockroft 2012
A look at the record-breaking Paralympic wheelchair racer.

8.00 The Sex Education Show
Sussex schoolkids learn about genetics and things.

9.00 Undercover Boss
The chief of leccy company NPower joins the customer services team to understand what his employees have to put up with.

10.00 Ramsay's Kitchen Nightmares USA
The managers of a failing restaurant are on the brink of divorce. Then a shouty Scotsman arrives…

11.05 4thought.tv
Comedian Stephen K Amos stands up for freedom of speech. (R)

11.10 Alan Carr: Chatty Man
Stephen Merchant, Bradley Cooper and Will Young do chat. *X Factor* boy band One Direction do tunes. (R)

12.15am European Poker Tour
SPORT The Champion of Champions event from Madrid.

1.10 SPORT Beach Volleyball **2.05** SPORT Boxing Weekly **2.30** SPORT Superbikes **3.00** SPORT The Grid (R) **3.30** Intelligent Sport UK Challenge (R) **3.55-4.10am** Grudge Match (R)

5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.10** Meerkat Manor (R) **1.45** Neighbours **2.20** CSI: NY (R) **3.15** FILM Love's Long Journey: *Western sequel starring Erin Cottrell.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV **6.55** 5 News at 7

7.00 Cricket
SPORT Highlights of the last day of the second Test between England and India at Trent Bridge.

8.00 Megastructures
Just how did they build the steel-framed Bird's Nest stadium for the Beijing Olympics in 2008? Please, please, please let the answer involve a gigantic metal bird! (R)

9.00 CSI: Miami
MUST-SEE A dead waitress is found in a nightclub pool. Horatio looks stern as a result. Puts sunglasses on. Cue title music…

10.00 CSI
Three murders are connected to a conman. (R)

10.55 CSI
A kid dies in a car in a heatwave. (R)

11.55 True CSI
The case of a man who shot dead an intruder. (R)

12.55am Super Casino

3.55 Animal Rescue Squad (R) **4.10-5.00am** Michaela's Wild Challenge (R)

sky1

7.00pm The Simpsons
Homer discovers the joy of buying stuff, using it and then returning it to the store for a refund. The man's a genius! (R)

7.30 The Simpsons
The family are brainwashed by a religious cult. (R)

8.00 Emergency with Angela Griffin
What happens to injured troops who've returned to the UK from Afghanistan. (R)(HD)

9.00 Men of Honor
FILM Worthy but boring biopic of the fella who overcame racism to become the first African-American diver in the US navy. Cuba Gooding Jr, Robert De Niro and – result! – Charlize Theron. (HD)

11.25 Miami SWAT
Double bill of visits to heavily armed real-life coppers fighting crime on the streets of Florida. (R)(HD)



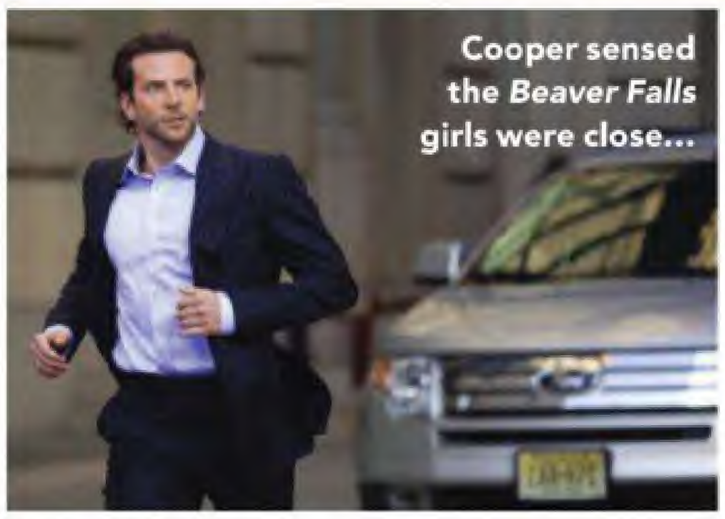
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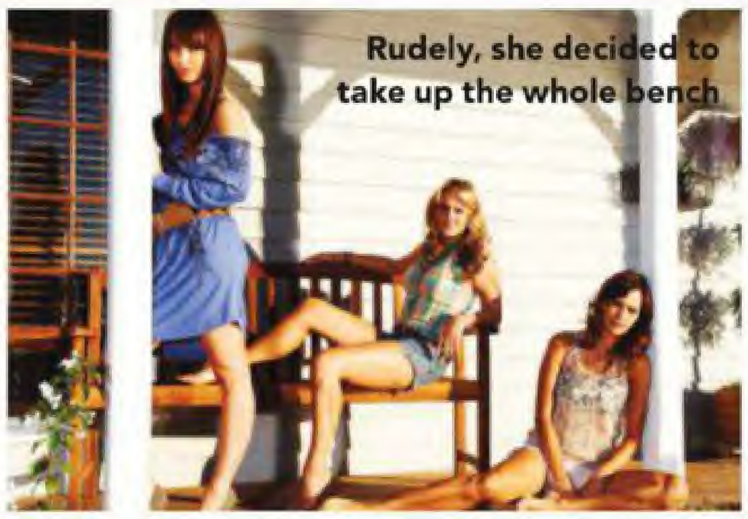
Nuts TV

3 AUGUST WEDNESDAY



Limitless

FILM **Sky Box Office/HD, from 6am** *The Hangover* star Bradley Cooper is a failing writer who discovers a pill that unlocks the full potential of his brain. Cue the dark side effects... ★★★★



Beaver Falls E4, 9pm

COMEDY Three Brits land jobs in an American summer camp that's crammed full of stunning, bikini-clad babes. Do you really need to know any more than that? Nope, thought not! ★★★★



Sons Of Anarchy

DRAMA **5USA, 10pm** The ace third series continues with the Sons joining forces with the Grim B*stards to buy guns, beat up drug dealers and mingle with porn stars. Could be worse! ★★★★★

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 **The One Show**
Topical stories.

7.30 **The Great British Weather**
Chris Hollins counts down the five worst storms in UK history. Because he's a bit of a misery like that.

8.30 **Sherlock**
Holmes tries to outwit his deadliest adversary. Go get him, Sherlock! (R)

10.00 **News, Weather**

10.35 **The National Lottery Wednesday Night Draws**
A few people's Wednesday's are improved immeasurably, while the majority feel just a tad disappointed.

10.45 **Not Going Out**
A confused old lady wanders into Lucy's flat. (R)

11.15 **Him & Her**
Steve meets Becky's parents.

11.45 **My Fake Fiance**
PREMIERE Two strangers with money worries pretend to get engaged just so they can get their hands on the presents. Why, the little tinkers!

1.15am Bang Goes the Theory (R) **1.45** Country Tracks (R) **2.40** Richard Hammond's Engineering Connections (R) **3.30** Royal Upstairs Downstairs (R) **4.00-6.00am** News

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** **FILM** Road to Rio: *Comedy starring Bing Crosby and Bob Hope.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

7.00 **Rick Stein's Spain**
The chef travels to the land of El Cid and into the La Mancha region while necking San Miguel. Maybe. (R)

8.00 **Top Gear**
It's the last one. No! (R)

9.00 **The Code**
Some bloke prattles on about patterns, apparently.

10.00 **QI**
Head-scratching laughs with Jan Ravens, Jimmy Carr, Clive Anderson and Alan Davies. (R)

10.30 **Newsnight**

11.20 **Fake or Fortune?**
A supposedly lost painting found dumped near a rubbish tip.

12.20am **The Tudors**
As Christmas approaches, Henry is reunited with his daughters Britney and Chardonnay. Oh, OK then – Mary and Elizabeth. (R)

1.10-4.50am BBC News

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News, Weather

7.00 **Emmerdale**
Charity stirs up trouble at the factory. Presumably a wool factory.

7.30 **The Corrie Years**
How *Coronation Street*'s just like real life, or something. Now if that thought doesn't depress you...

8.00 **Lewis**
A quiz weekend leads to murder. (R)

10.00 **ITV News, Weather**

10.35 **Nature's Fury: Fire Storm**
Chris Terrill visits Southern California during the fire season. He's nails. (R)

11.35 **Homes from Hell**
Trouble with some luxury apartments in Turkey. (R)

12.30am **The Zone**

2.35 **FILM** MacArthur: *Epic biopic with Gregory Peck and Ed Flanders.* **4.45-5.30am** ITV Nightscreen

Channel 4

6.00am The Hoobs (R) **6.25** Freshly Squeezed **6.50** Everybody Loves Raymond (R) **7.20** According to Jim **7.45** T4: Friends (R) **8.45** 90210 **9.40** Towie's Postcard From T4 on the Beach **10.00** Made in Chelsea **11.00** Friends (R) **12.05pm** A Place in the Sun: Home or Away (R) **1.05** **FILM** The Bravados **2.55** Come Dine with Me Extra Portions (R) **4.00** Deal or No Deal (R) **5.00** Come Dine with Me Extra Portions (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 **News**

7.55 **Channel 4 Presents – Will Bayley 2012**
A profile of the table tennis star.

8.00 **Jo Frost: Extreme Parental Guidance**
Mardy kids.

9.00 **24 Hours in A&E**
A man seeks treatment for a splinter that has been in lodged in his thumb for a month. Hard'y a Don't Look! contender, but it still sounds pretty painful, if you ask us.

10.00 **8 Out of 10 Cats Uncut**
Extended version with guests Tim Westwood and Lauren Laverne.

10.50 **The Inbetweeners**
Genius sitcom. Will tries to shake off his embarrassing reputation. (R)

11.25 **The Inbetweeners**
Simon tries to impress a girl by going to a gig. (R)

11.55 **4thought.tv**
With pun-tastic comic Tim Vine. (R)

12.00m't **Music on 4: Ibiza Rocks**

12.30am **The Killing**
Ace crime drama. (R)

1.25 **FILM** Memoirs of an Invisible Man: *Comedy thriller.* **3.10** Brothers & Sisters (R) **3.55** Hill Street Blues (R) **4.50** Grudge Match (R) **5.05-6.00am** Cookery School (R)

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.10** Meerkat Manor (R) **1.45** Neighbours **2.15** CSI: NY (R) **3.10** Chinese Food in Minutes (R) **3.15** **FILM** Jane Doe: Now You See It, Now You Don't: *Thriller starring Lea Thompson.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV

7.00 **5 News at 7**

7.30 **Garden ER**
Some member of McFly does his garden up. Or, the worst show you'll find on telly all evening.

8.00 **The Removal Men: Pickfords**
More people get on telly for lugging boxes around. Madness.

9.00 **NCIS**
The agents look into the death of a sailor on board a research vessel conducting a top-secret mission. (R)

10.00 **Blade**
FILM Action adventure starring Wesley Snipes as the half-human, half-vampire warrior Blade. You already knew that, of course.

12.25am **Poker: The Big Game**
SPORT Professional players compete against top amateurs.

1.25 SuperCasino **3.55** Animal Rescue Squad (R) **4.05** HouseBusters (R) **5.00** County Secrets (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

Sky 1

7.00pm **The Simpsons**
Lisa coaches Bart's Little League baseball team. (R)(HD)

7.30 **The Simpsons**
Musical highlights from past episodes. (R)(HD)

8.00 **The Glee Project**
Dance routines come under scrutiny. So will your taste in TV shows, if you watch this. (HD)

9.00 **Madonna: Sticky and Sweet – Live from Buenos Aires**
The pop singer performs in the Argentine capital. (R)

11.30 **Brit Cops: Rapid Response**
Police officers on patrol. (R)

12.30am **The Chicago Code**
Colvin, Wysocki and Evers increase their efforts to combat corruption. (R)(HD)

WEDNESDAY'S SPORT

3.30pm ECB 40 League Cricket: Surrey Lions vs Northants Steelbacks, **Sky Sports 1. 7.30pm** Greyhound Racing, **Sky Sports 2. 3.30am** Major League Soccer: Portland Timbers vs Los Angeles Galaxy, **ESPN.**

THURSDAY'S SPORT

4.30pm Cricket: Derbyshire Falcons vs Worcestershire Royals, **Sky Sports 2. 7pm** Golf: The Bridgestone Invitational, **Sky Sports 1. 7pm** Under-20s World Cup Football: Mexico vs England, **Eurosport.**

THURSDAY 4 AUGUST

TODAY'S MUST-SEE TV PICKS!



The Killing Channel 4/HD, 9pm

DRAMA The murder mystery continues apace – if you're new to it, you've no hope of catching up now, but for those of us following its twisty-turny progress, it's still riveting! ★★★★★



Shameless US More4, 10pm

DRAMA Frank needs to lay his hands on $6,000, and he needs it fast. Having stumbled on a risky solution that might just work, all he needs to do is secure some help from his family. Cue chaos! ★★★★



The Hard Times Of RJ Berger MTV, 10pm

COMEDY The geek finally lands himself a chance with his sexy classmate Jenny. Go on, lad! ★★★

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show
More reports from around the UK.

7.30 EastEnders
Lola's furious when Phil takes her phone and refuses to re-hire her. Wow! An angry person on *EastEnders*? Hold the front page!

8.00 Traffic Cops
Police pursue a car thief driving recklessly around Luton.

9.00 Torchwood: Miracle Day
The team head to California to get closer to the evil corporation.

10.00 News, Weather

10.35 Kids Behind Bars
Three boys prepare to leave Vinney Green Secure Unit. (R)

11.35 The Human Stain
FILM Hard-to-follow psychological drama about an old professor who starts a passionate affair with a troubled young woman.

1.15am Sign Zone: Dying for a Drink – Panorama (R) **1.45** Countryfile (R) **2.40** Fake Britain (R) **3.25** Saints and Scroungers (R) **3.55-4.35am** Royal Upstairs Downstairs (R)

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** Coast (R) **11.40** FILM Hot Enough for June: *Comedy spy thriller starring Dirk Bogarde and Sylva Koscina.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

7.00 Madagascar
The last of David Attenborough's holiday videos… sorry, "wildlife films" from Madagascar. You want lemurs? He's got lemurs… (R)

8.00 Rick Stein's Spain
The red-faced chef cooks his way from Extramadura to Seville.

9.00 Town with Nicholas Crane
The lanky bloke from *Coast* explains all about Scarborough.

10.00 Have I Got Old News for You
Lee Mack hosts as Ken Livingstone and Sarah Millican join the panel. (R)

10.30 Newsnight

11.20 The World's Most Expensive Paintings
Alastair Sooke tracks down the most pricey pictures ever. (R)

12.20am The Tudors
All that sh*gging finally pays off as Henry at last gets the male heir he's been desperate for. (R)

1.10-4.20am BBC News

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News, Weather

7.00 Emmerdale
Bob tries to cheer up Hazel by taking her out for the afternoon with Heath and Cathy. He may as well just bury her head in a bucket of pig slurry.

7.30 The Repossessed: Tonight
Families struggling to meet their mortgage payments.

8.00 Emmerdale
Leyla tries to decide whether she has a future with David. We're trying to decide if we have a future with this soap. Probably not.

8.30 Coronation Street

9.00 Single-Handed
An old enemy returns in the rural Irish crime drama.

10.00 ITV News, Weather

10.35 Piers Morgan's Life Stories: Ronnie Corbett
"And the producer said to me…" (R)

11.35 Odd One In
It's *Corrie* vs *Emmerdale*. Groan. (R)

12.20am The Zone

2.20 The Repossessed: Tonight (R) **2.50** ITV Nightscreen **4.35-5.30am** The Jeremy Kyle Show (R)

4

6.50am Everybody Loves Raymond (R) **7.20** According to Jim **7.45** Friends (R) **8.45** 90210 **9.40** Postcard from T4 on the Beach **9.55** Made in Chelsea **10.55** Friends (R) **12.00noon** News **12.05pm** A Place in the Sun: Home or Away (R) **1.10** River Cottage Bites (R) **1.20** FILM Thunder Over Arizona **2.55** Come Dine with Me (R) **4.00** Deal or No Deal: Hall of Fame (R) **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 Joe Bestwick 2012
Profile of the Paralympic basketball bronze medallist.

8.00 Help! My House Is Falling Down
Sarah Beeny revisits a Hull family.

9.00 The Killing
MUST-SEE The cops quiz Bennet Ahmed's wife in the moody mystery.

10.00 Coppers
Officers head out on a Saturday night. Drunkenness and violence are on the cards. Phew! It's not just our Saturday nights then. (R)

11.05 4thought.tv
It's the one with Stephen K Amos from Tuesday night. (R)

11.10 Lee Evans: Access All Arenas
Highlights of the comic's tours. (R)

12.10am Music on 4: The Album Chart Show
Elbow chat and perform songs from the album *Build A Rocket Boys!* (R)

12.40 4Play: Viva Brother
Profile of the band.

12.55 The Album Chart Show: Spotlight
Rounding up the week's releases.

1.10 Fitz and the Tantrums **1.25** Hollyoaks Music Show (R) **1.50** Cast Offs (R) **2.45** The Sex Education Show (R) **3.40** Brothers & Sisters (R) **4.30-4.55am** Wogan's Perfect Recall (R)

5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.10** Meerkat Manor (R) **1.45** Neighbours **2.15** CSI: NY (R) **3.15** FILM The Last Trimester: *Suspense thriller starring Chandra West and Jim Thorburn.* **5.00** 5 News at 5 **5.30** Neighbours (R) **6.00** Meerkat Manor **6.25** OK! TV

7.00 5 News at 7

7.30 How Do They Do It?
The robot bloke from *Red Dwarf* learns about a container ships. (R)

8.00 Aircrash: Hudson River Landing
The story of the 2009 airplane crash.

9.00 New Cowboy Builders
Construction calamities as a Berkshire couple's extension is left unfinished. Grr! Builders!

10.00 Candy Bar Girls
Jo's dinner party turns into a frank sexual discussion. Note to self: must invite more hot lesbians for dinner!

11.00 Police Interceptors
An officer is nearly run over by a desperate driver (R)

12.00m't Super Casino

3.55 Animal Rescue Squad (R) **4.10-5.00am** HouseBusters (R)

sky1

7.00pm The Simpsons
Yay! The family stick the boot into the *Twilight* movies. (R)

7.30 The Simpsons
Homer becomes captain of a submarine. Obviously. (R)(HD)

8.00 The Simpsons
Fat Tony marries Selma. (R)(HD)

8.30 The Simpsons
Homer becomes a hairdresser. Again, obviously. (HD)

9.00 Trollied
NEW A double bill kicks off this new supermarket-set sitcom. Jane Horrocks and Mark Addy are the big names. Well, biggish… (HD)

10.00 An Idiot Abroad
Karl Pilkington heads to Mexico. (R)

11.00 Law & Order
Lupo and Bernard investigate the murder of a doctor. (HD)

12.00m't Miami SWAT
More real-life action with the tooled-up coppers of the Florida city. (R)



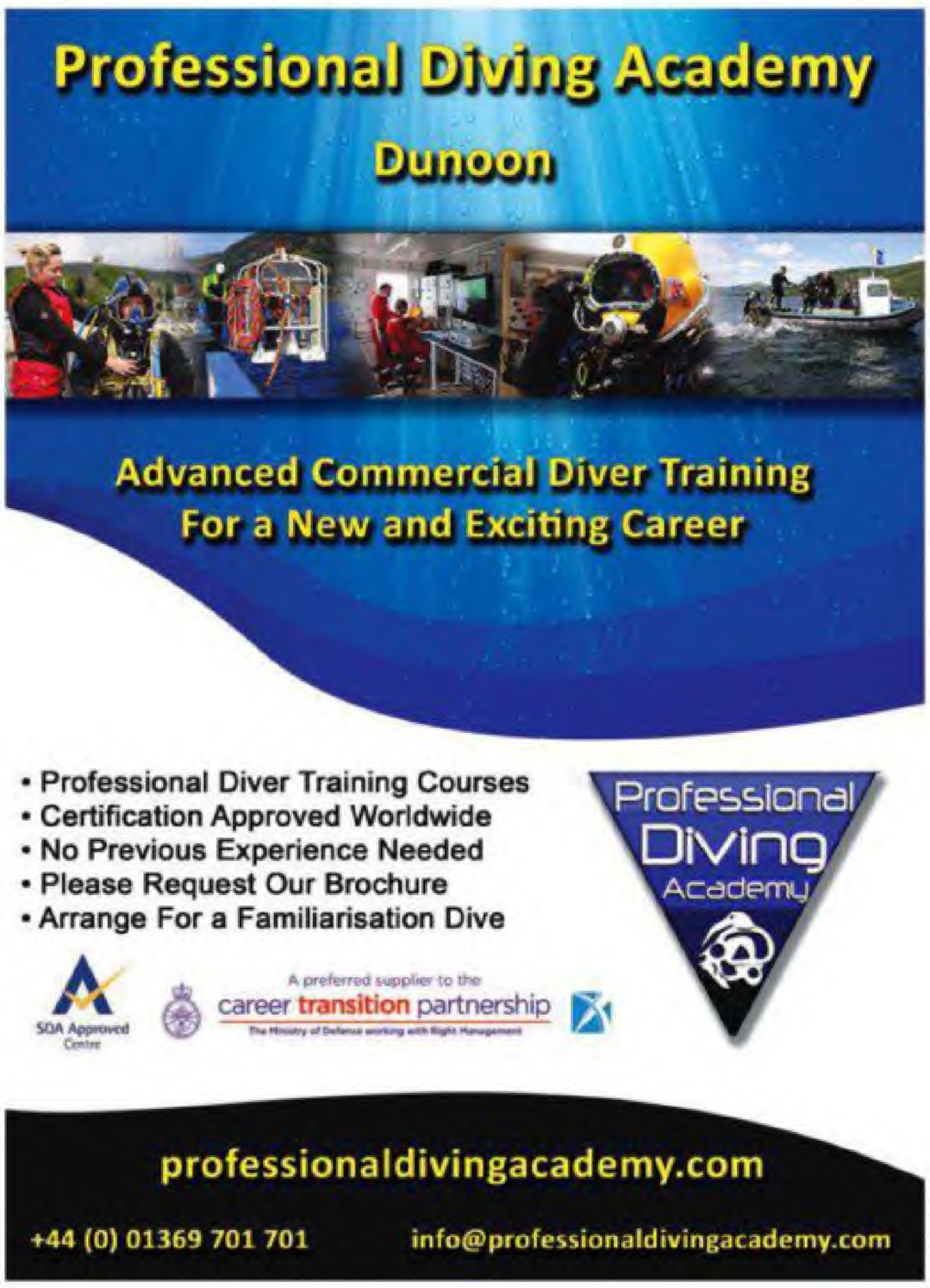
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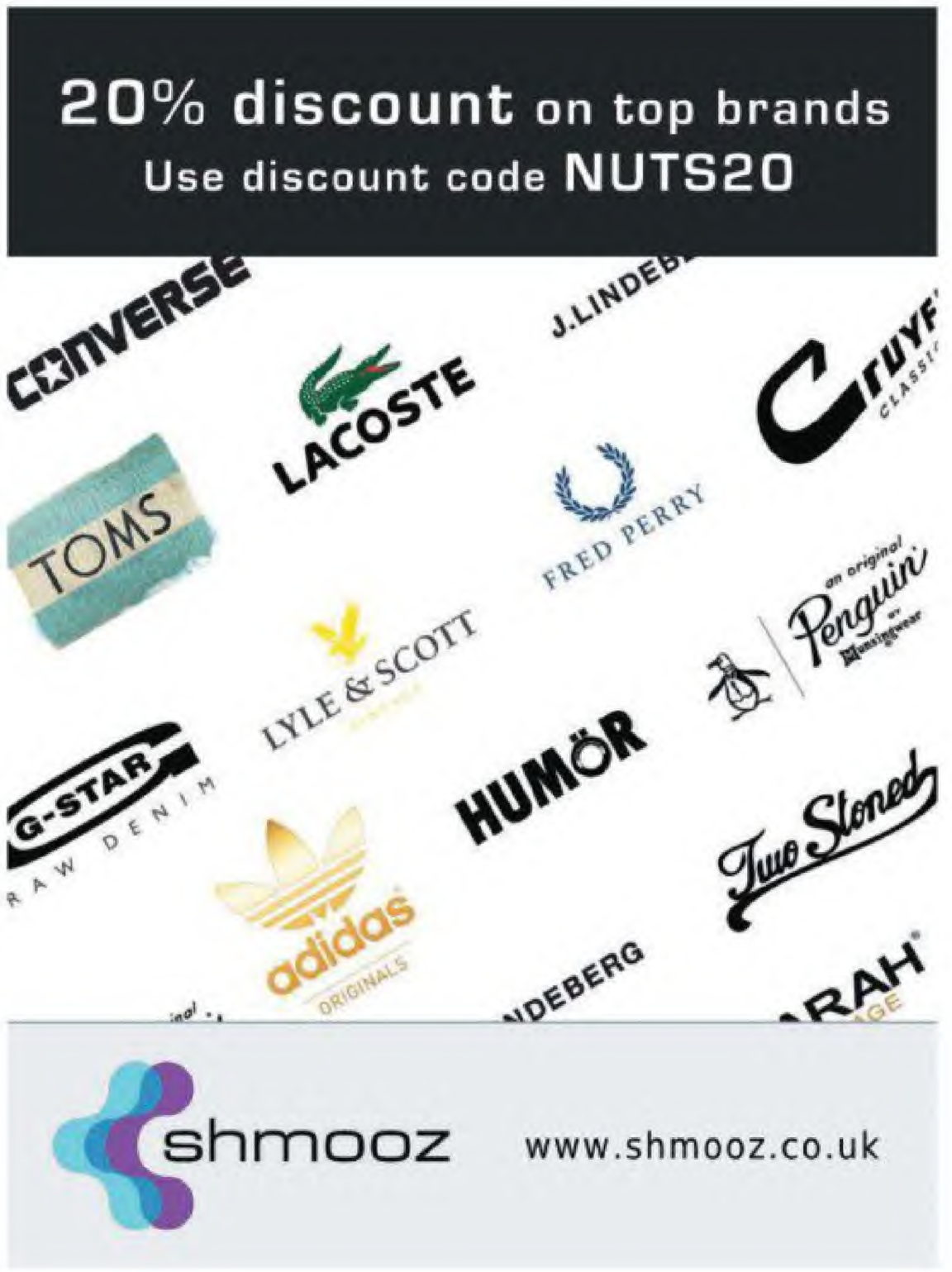
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Especially looking for younger guy



Sheffield. Black always carefree fun woman looking for guy. Newly single. Text 24/7. Text SHARON to 68889

Especially looking for younger guy



Older woman. Glasgow. Foot loose and fancy free looking for fun! Text 24/7. NANCY to 68889

Hot divorced woman in Yorkshire. Get photos and more... Text LULU to 68889



Especially looking for younger guy

Wales. Really sexy babe. Get my pics and more ! Text 24/7. Text CARRIE to 68889





Sexy JUST divorced curvy busty woman desperate for fun. 48 years old UK anywhere PHOTOS. Text SAMANTHA to 68889

Especially looking for younger guy



Especially looking for younger guy

UK/London anywhere. Experienced woman. Old enough to know what I want! PHOTOS. Text GEORGIA to 68889

Especially looking for younger guy

Tani. UKanywhere. 43 yrs. Photos. Text TANI to 68889



Especially looking for younger guy

YORKSHIRE. Pixie. 18 years old. Fun teen of 18 in Yorkshire area looking for fun times. PHOTOS and more.. Text PIXIE to 68889





Especially looking for younger guy

Wales. Divorced Looking for fun. Text - BETSY to 68889



Sexy fun babe in Birmingham. Looking for fun. Photos and more. Text JENINE to 68889



Ellen. 45. Just Divorced. Looking for fun in Scotland! Photos. Text ELLEN to 68889

Especially looking for younger guy



Anywhere UK. Photos and more...Text SHIRLEY to 68889

Especially looking for younger guy



Especially looking for younger guy. Experienced women.

London. UK Experienced sexy JUST divorced woman looking for fun. Photos. Text:- JILL 68889



Derbyshire or anywhere UK. Very mature woman. Photos. Text IVY to 68889

Especially looking for younger guy

Black girl, 18 years old. Cute. Fun loving. Up for fun 24/7! Text MISTI to 68889



Leeds. Yorkshire. Indian hot babe wants some fun. Text 24/7. Photos. Text SHANTA to 68889



Especially looking for younger guy



Anywhere UK OK. 51. Busty divorcee bar maid looking 4 hook ups. Photos. Text HELENA to 68889

Especially looking for younger guy



Tanya. Older woman. Not looking for anything serious. PHOTOS. Text TANYA to 68889

Especially looking for younger guy

Older just divorced curvy busty woman wants to hear from younger guys 18+ Photos and more..Text MARI to 68889



Especially looking for younger guy

Anywhere UK. Travel rep 19 . Looking desperately 4 hook ups. Photos. Text SOPHIE to 68889



Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889



MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS. TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate BIG BBW woman needs fun now. Text/contact 24/7 guys! Looking 4 fun hook ups. Younger men welcome Text JESSE to 68889

Annalise. 43. Newcastle. I am just divorced, hot and naughty! Younger guys especially wanted. TEXT:- ANNALISE to 68889

Bella. Just 19. Looking for new experiences, especially with guy same sort of age. Blond. HOT Midlands. REALLY HOT. Photos. TEXT:- BELLA to 68889

Kyli. 20 years old. Get my HOT pixs and videos. Text KYLI to 68889



POSTCODE MATCH!

See who replies to your postcode....

To be matched to a woman (with HOT photos & maybe HOT videos

Text-

NUTS followed by your postcode to 68889

(for example NUTS NE344NB)

Text **NUTS** followed by your postcode to 68889 and get in on the action! Hook up via your mobile

Text SWAP anytime to swap to a different hot woman

25p per message sent in. £1.50 per received text.

Tash, Glasgow (18)



Get my hot pix. Text TASH to 68889

Nat, Midlands (19)



Get my hot pix and HOT videos. xxx Text NAT to 68889

Jule, UK (40)



Hot Single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my HOT pix and HOT videos. Text JULE to 68889

Tara, UK (47)



Get my hot pix. Text TARA to 68889

AS SEEN ON TV

Naughty, Southwest



Saucy older woman wants younger guy. Get my HOT pics and VIDEOS. Text BEVERLY to 68889



Hot fun girl looking for fun. Get my HOT pixs & HOT videos. Text- NAUGHTY to 68889

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18+

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Very adventurous and lovely hot fit tight bodies looking for men of all ages who love anything really dirty. Call them x

0909 897 2038



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Hot intense cheap adult 121. Like minded ladies in your area craving for deep raw passion in their lives. Call them now x

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Nuts PUB AMMO

Skull-busting facts fired in your general direction!



Famous British executioner Albert Pierrepoint (1905-92) once managed to walk a condemned man from his cell, put the noose around his neck and activate the trapdoor in seven seconds.

The upward bump in the bottom of a bottle of wine is called a "punt" and it serves no purpose.

In 2004, a German lawyer legally proved that a towel left on a sun-lounger in a holiday resort is not a legal method of reservation.


Fans were disappointed by Arsenal's new signings

The bell in Big Ben is not officially called Big Ben – its proper title is the Great Bell. Big Ben is just a nickname that stuck.


Jack never loses a staring contest. Go on, have a try...

On 16 March 2001, the day Jack Dee won *Celebrity Big Brother*, nobody in the UK committed suicide, the first suicide-free day on record for eight years.

After mating season, part of a puffin's beak falls off.


Patrick Stewart had fallen off the wagon yet again

Geckos can walk vertically up glass surfaces.

Xenoglossia is a phenomenon in which a person suddenly becomes able to speak or write a foreign language.

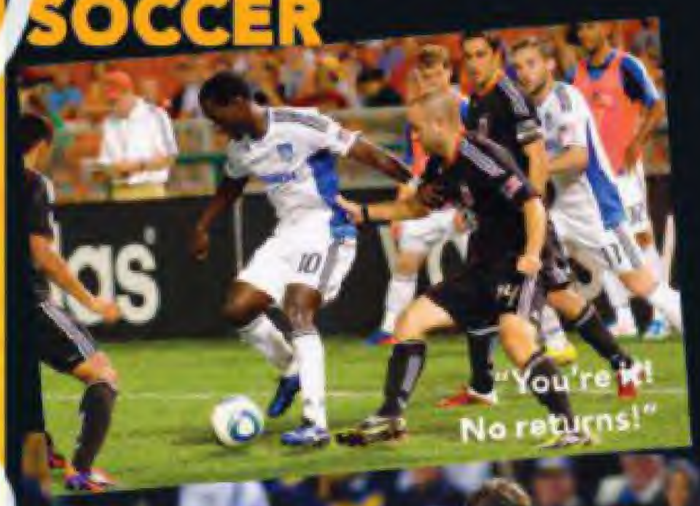

"Smell my pits!"

Footballing greats Stanley Matthews, Johann Cruyff, Diego Maradona and David James were all smokers during their careers.

Including *The Expendables*, UFC star Randy Couture has now appeared in nine movies.

Elbow's Guy Garvey had surgery to correct his over-sized ears.

PUB AMMO ON... MAJOR LEAGUE SOCCER




"Hey, levitating's cheating!"

- The MLS consists of 18 teams in the US, Mexico and Canada, with nine each playing in the Eastern and Western Conferences.
- MLS sponsors include Bimbo Bread and Dick's Sporting Goods.
- Current English MLS players include Simon Dawkins (once of Leyton Orient), Andy Iro (once of Kingsley United) and some guy called Beckham.
- The MLS All-Stars team takes on Man United in the Red Bull Arena, New Jersey, on Wednesday 27 July at 1.30am BST.


"Say hello to my leeettle friend!"

WORDS: STEVEN TURNER, PETE CAHSMORE
PHOTOS: WENN, ALAMY, GETTY IMAGES

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